

Chicken/Turkey Salad

1 cup diced cooked chicken or turkey meat	2 grated carrots
3 cups cooked rice or elbow macaroni	1 cup cooked peas
1 chopped green pepper, if desired	1/2 cup light mayonnaise
1 medium onion, chopped	1/2 teaspoon salt, if desired
1 cup chopped celery, if desired	1 Tablespoon mustard, if desired

Combine meat, rice or noodles, green pepper, onion, carrots and peas. Toss with mayonnaise and salt and mustard, if desired.

Tangy Chicken and Rice

1/4 cup margarine	1 teaspoon onion powder
1/4 cup lemon juice	1 teaspoon thyme
1/4 cup vinegar	1 chicken, cut-up
1 teaspoon salt	6 cups cooked rice
1 teaspoon garlic powder	

Place all ingredients except chicken and rice in saucepan on low heat. Stir until blended. Remove from heat. Dip chicken pieces in sauce. Arrange chicken in baking pan. Pour remaining sauce over chicken. Bake uncovered at 350 degrees for 1 hour. Serve over bed of rice.

Nutrition Facts using chicken, macaroni, pepper and celery

Serving Per Recipe 10 (1/2 cup each)

Amount Per Serving

Calories 141	30% of total calories from fat
Total Fat 5 g	Sodium 168 mg
*Vitamin A 42%	*Vitamin C 18%
*Calcium 2%	*Iron 6%

*Percentage Daily Values

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
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Nutrition Facts using canned beans

Servings Per Recipe 6

Amount Per Serving

Calories 441	26% of total calories from fat
Total Fat 12 g	Sodium 498 mg
*Vitamin A 10%	*Vitamin C 4%
*Calcium 4%	*Iron 17%

*Percentage Daily Values

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