Citrus Chicken Salad

**Ingredients**
- 2 boneless skinless chicken breasts cut into ¼ inch strips
- 2 tablespoons oil
- 3 tablespoons orange juice concentrate
- 1 tablespoon vinegar
- 3 cups romaine lettuce, washed, dried, and torn into bite-sized pieces
- ½ cup green onion, slices
- ½ cup green pepper, chopped
- 1 (10.5 oz.) can mandarin oranges, drained
- ¼ cup shelled sunflower seeds
- ½ cup cheese, grated

**Directions**
Sauté chicken until cooked through; set aside to cool. Mix oil, orange juice and vinegar; let sit for 5 minutes. Combine chicken, lettuce, green onion, green pepper, mandarin oranges, sunflower seeds, and cheese in large bowl. Pour orange juice mixture over salad; toss lightly. Serve immediately.

**Yield:**
4-6 servings