

Citrus Chicken Salad

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

EXTENSION **FOOD**
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