

# Flying Farmer Chicken Salad

Zona D Chapman - Boone, NC

Treasure Classics - National LP Gas Association - 1985

## **Yield: 10 to 12 servings**

*5 cups cooked chicken, cut in chunks*

*2 tablespoons salad oil*

*2 tablespoons orange juice*

*2 tablespoons vinegar*

*1 teaspoon salt*

*3 cups cooked rice*

*1 1/2 cups green pepper, chopped*

*1 1/2 cups chopped celery*

*1 can (13-1/2 ounce)*

*pineapple tidbits, drained*

*1 can (11 ounce) mandarin oranges*

*1 cup chopped pecans or almonds*

*1 1/2 cups mayonnaise*

*1 1/2 cups small green grapes (for garnish)*

## **Preparation Time: 25 minutes**

In a bowl, combine the chicken, salad oil, orange juice, vinegar and salt. Let stand while preparing the remaining ingredients.

Refrigerate overnight.

To the chicken ingredients, add the rice, green pepper, celery, pineapple, oranges, pecans and mayonnaise. Toss gently.

Garnish with green grapes.

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Per Serving (excluding unknown items): 4681 Calories; 342g Fat (64.1% calories from fat); 239g Protein; 191g Carbohydrate; 11g Dietary Fiber; 711mg Cholesterol; 4720mg Sodium. Exchanges: 10 Grain(Starch); 31 Lean Meat; 3 1/2 Vegetable; 1 Fruit; 29 Fat; 0 Other Carbohydrates.