

Mandarin Chicken Salad

Mary davy pippin

Totland College Nursery School - Braintree, MA (1978)

*2 to 3 cups cooked chicken,
diced*

1 cup celery, diced

2 tablespoons lemon juice

1 tablespoon minced onion

1 teaspoon salt

*1/3 cup mayonnaise or
salad dressing*

*1 can (11 ounce) mandarin
oranges, drained*

*1/2 cup slivered almonds,
toasted*

*1 cup seedless grapes
(optional)*

In a bowl, combine the chicken, celery, lemon juice, onion and salt. Mix well.

Chill in refrigerator.

Add the mayonnaise, oranges, almonds and grapes, if desired. Toss well.

Serve.

Per Serving (excluding unknown items): 977 Calories; 51g Fat (46.2% calories from fat); 103g Protein; 31g Carbohydrate; 9g Dietary Fiber; 238mg Cholesterol; 2460mg Sodium. Exchanges: 1 Grain(Starch); 14 Lean Meat; 1 Vegetable; 1 Fruit; 6 1/2 Fat.