

Tropical Chicken Salad

*Sallyanne Taft - Saunderstown, RI
Treasure Classics - National LP Gas Association - 1985*

Servings: 6

*6 cups chicken chunks
1 can (11 ounce) mandarin
oranges, drained
1 small package slivered
almonds
1/4 cup scallions, chopped
fine
1/4 cup celery, chopped fine
1/2 cup mayonnaise
1/2 cup sour cream*

Preparation Time: 30 minutes**Cook Time: 1 hour**

Boil the chicken. Cool. Cut in chunks.

In a bowl, mix the chicken, oranges, almonds, scallions and celery. Toss.

Add the mayonnaise and sour cream.

Serve on a bed of lettuce.

Per Serving (excluding unknown items): 322 Calories; 32g Fat (84.6% calories from fat); 6g Protein; 7g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat.