

Chicken Rice Salad

Carol Ball

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Servings: 8

*1 box chicken Rice-A-Roni
water
3 to 4 green onions,
chopped
1/4 to 1/2 teaspoon curry
powder
1/2 cup chopped olives
(green or black)
2 jars artichoke hearts
2 cups cooked chicken
1/2 cup mayonnaise*

Brown the rice in margarine. Add water and cook.

Add the onions, curry powder and olives.

Dice the artichoke hearts. Add to the mixture, including the liquid.

Dice the chicken. Add to the skillet. Add the mayonnaise. Mix well.

Serve in a lettuce basket.

Per Serving (excluding unknown items): 172 Calories; 13g Fat (67.1% calories from fat); 12g Protein; 3g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 126mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.