

Wild Rice Summer Salad

Serves 4

1 6-ounce box long grain and wild rice
2 cups chicken or turkey, cooked and cut in small pieces
1 green pepper, chopped
2 stalks celery, chopped
1 carrot, chopped
¼ cup red onion, chopped
4 fresh plums, sliced
½ cup creamy Italian dressing, low-fat or non-fat

1. Wash and prepare vegetables and plums.
2. Cook rice mix according to package directions.
3. Place rice in large mixing bowl and let it cool.
4. Add chicken or turkey, green pepper, celery, carrot, red onion, and plums. Combine gently.
5. Stir in salad dressing and refrigerate salad.

TIP:

- If you like, add other fruits or vegetables to the salad. Try other salad dressings for different tastes.

Nutrition Facts:

Serving size: 1 cup; Calories: 408; Fruits and Vegetables: 1½ servings; Fat: 8 g; Fiber: 6 g



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