



Chicken Lentil Salad

Ingredients

- 2/3 cup lentils
 - 1 1/2 cups water
 - 1/4 cup light mayonnaise
 - 2 Tablespoons chopped green onion
 - 1 cup cooked chicken, diced
 - 1/2 cup celery, diced
 - 1/2 cup cucumber, diced
 - 1/4 cup green pepper, diced
 - 4 cups salad greens
- Makes 4 servings

Instructions

1. Thoroughly rinse dry lentils in cold water: removing any damaging pieces and foreign material, drain.
2. Place lentils in a heavy saucepan, add 1 1/2 cups water. Bring to a boil; reduce heat and simmer, covered, for about 20 minutes. Do not overcook lentils, should be tender, with skins intact.
3. Drain immediately and refrigerate until cool.
4. In a small bowl, stir together mayonnaise, and green onion.
5. In medium bowl, combine, lentils, chicken, celery, cucumber, and green pepper with mayonnaise dressing, and toss.
6. Cover and refrigerate for an hour or more to allow flavors to blend.

Notes:

- Arrange salad on crisp greens before serving.
- Add a dash of Tabasco sauce to dressing if desired.

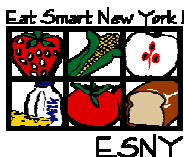
Nutrition Facts

Serving Size 1 cup		Servings Per Container 4	
Amount Per Serving			
Calories 250	Calories from Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 35mg	12%		
Sodium 180mg	8%		
Total Carbohydrate 28g	9%		
Dietary Fiber 6g	24%		
Sugars 5g			
Protein 22g			
Vitamin A 45%	• Vitamin C 20%		
Calcium 2%	• Iron 20%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	• Carbohydrate 4	• Protein 4

22% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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