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## 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 - 22% calories from fat*

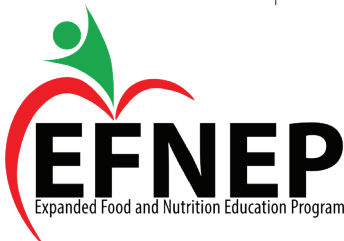
### Instructions:

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	
<b>Calories 250</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 5g	
<b>Protein 22g</b>	
Vitamin A 45%	• Vitamin C 20%
Calcium 2%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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