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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

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.

Last Revised: November 2009

Nutrition Facts table with columns for Amount Per Serving, Calories, and % Daily Value. Includes detailed breakdown of Total Fat, Cholesterol, Sodium, Total Carbohydrate, Protein, and Vitamins A, C, Calcium, and Iron.

22% calories from fat



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