

# Chicken and Rice Salad

*From my friend Linda C., 2009*



## **Servings: 6**

*6 ounces chicken flavored  
rice mix*

*4 whole green onions, thinly  
sliced*

*1/2 large green bell pepper,  
chopped*

*12 whole green olives,  
stuffed with pimiento, sliced*

*12 ounces marinated  
artichoke hearts, drained  
(save marinade for  
dressing)*

*4 whole chicken breast, no  
skin, no bone, R-T-C (2  
whole breasts or 4 halves),  
cooked, cut into small  
cubes*

## **DRESSING:**

*1/2 cup mayonnaise*

*1/4 cup sour cream (or  
yogurt)*

*1 teaspoon curry powder  
marinade from the canned  
artichoke hearts*

1. Prepare chicken flavored rice mix according to package directions, omitting butter. Slightly undercook the rice.
2. Allow rice to cool to room temperature.
3. Meanwhile, prepare the onion, green pepper and olives.
4. In a small bowl combine the dressing: mayo, sour cream, curry powder and the marinade. Stir until well combined.
5. In a large bowl combine the cooled rice mixture, the onions, green pepper and olives. Add the dressing and artichoke hearts. Mix lightly, cover and chill. (Can be done the night before to this point.)
6. Add the chicken pieces and mix until combined. Spoon onto a bed of lettuce or lettuce cups.

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Per Serving (excluding unknown items): 520 Calories; 26g Fat (46.3% calories from fat); 40g Protein; 28g Carbohydrate; 3g Dietary Fiber; 107mg Cholesterol; 764mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.