

# Fruit & Chicken Salad

**Serves: 8**

## **Ingredients:**

4 cups cooked chicken, diced  
2 cups pineapple, diced  
12 ounce can mandarin oranges, drained  
½ cup celery, chopped  
½ cup green pepper, chopped  
2 tablespoons onion, diced  
1 cup mayonnaise or salad dressing  
1 tablespoon mustard

## **Preparation:**

1. Combine chicken, pineapple, mandarin oranges, celery, green pepper, and onion
2. Mix mayonnaise and mustard
3. Toss gently over chicken mixture
4. Cover and chill several hours or overnight
5. Enjoy!

**Delicious sides:** Roll, rice or bread (sandwich)

**Benefits:** Chicken is a lean protein containing all essential amino acids, which help build muscle and supports body cells. Fruits and vegetables are heart healthy providing a good source of fiber as well as vitamins and minerals.

**How to Cook/Prepare:** Chicken can be cooked in a pan on the stove, in the oven, or on the grill. You can buy fresh pre-cut vegetables to save time.