



Prize Tested Recipes[®]

see page 244 for details

\$200 winner Mediterranean Chicken Salad

Camilla Sorenson, Ada, Minn.,
in the Chicken Salads Category, May 2002

- | | |
|--|--|
| 1 lb. cooked chicken, shredded or cut into bite-size pieces or strips (3 cups) | ½ of a small lemon, seeded and cut in 6 wedges |
| ½ of a medium cucumber, halved lengthwise, seeded, and sliced | ½ cup olive oil |
| 1 cup chopped celery | ¼ cup sherry vinegar or white wine vinegar |
| ½ cup sliced pitted kalamata olives | ¼ cup sugar |
| ½ cup chopped walnuts | ½ tsp. salt |
| 1 13.75-oz. can artichoke hearts, drained and quartered | ¼ tsp. pepper |
| ½ cup sliced green onions | 2 cups spinach leaves |
| | Snipped fresh parsley (optional) |

In a very large bowl combine chicken, cucumber, celery, olives, walnuts, artichokes, and green onions. Set aside.

In a blender container or food processor bowl combine lemon (including peel), olive oil, vinegar, sugar, salt, and pepper; cover and blend until nearly smooth. Pour dressing mixture over chicken mixture; toss to combine. Cover and chill up to 2 hours.

Serve salad on spinach leaves and sprinkle with parsley, if desired. Makes 6 servings.

Nutrition facts per serving: 451 cal., 32 g total fat (5 g sat. fat), 67 mg chol., 628 mg sodium, 17 g carbo., 5 g fiber, and 25 g pro. Daily Values: 18% vit. A, 25% vit. C, 7% calcium, and 18% iron.