

Chicken Salad Shanghai

Serves 6

- 8 Grilled Pilgrim's Pride Chicken Tenders, cut bite-size
- ½ cup sliced celery
- ½ cup canned mandarin oranges, drained
- ¼ cup chopped cashew nuts
- ¼ cup canned, shredded coconut, toasted
- 2 tablespoons diced red pepper
- 1 tablespoon cut chives
- 1 teaspoon toasted sesame seeds

Vinaigrette Dressing

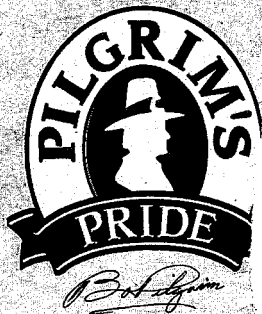
- ¼ cup canola oil
- ¼ cup red wine vinegar
- 3 tablespoons Splenda® Granular
- ⅓ teaspoon salt
- ⅓ teaspoon black pepper
- ⅓ teaspoon paprika
- 1 clove garlic, minced

Combine all ingredients and toss with dressing.

Nutrition Per Serving: Calories: 180 (70% from fat); Fat: 14g (sat 2.5g); Carbohydrate: 7g; Protein: 9g; Fiber: 1g; Cholesterol: 20mg; Sodium: 80mg

tip

If you're on a low-carb diet or just want to eat healthier, there's nothing better for your family than making a meal with Pilgrim's Pride chicken or turkey breasts. They're not only great low-carb solutions, they're also low in saturated fat—making them a perfect addition to your healthy low-carb lifestyle.



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