

Asparagus, Mandarin Orange, Chicken and Rice

April 2024 Recipe

Makes: 4 servings



Ingredients

For the Vinaigrette:

- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. rice vinegar
- 3 Tbsp. mandarin orange juice
(reserved from oranges)
- 1 Tbsp. reduced-sodium soy sauce

For the Salad:

- 3 ½ cups fresh asparagus (trimmed)
- 2 11 oz. cans mandarin oranges
(drained, reserve juice)
- 12 oz. cooked chicken breast
(cut into chunks)
- 3 cups cooked instant brown rice

Directions

1. In a small bowl, whisk vinaigrette ingredients, set aside.
2. Cook rice according to package directions.
3. Place whole trimmed asparagus in a large skillet with 1 ½ inches of water.
4. Bring to a boil, reduce heat and simmer, uncovered, for 2-5 minutes.
5. Rinse with cool water and cut into 1-inch pieces.
6. In a medium-size bowl, toss all ingredients.

Nutritional information for 1 serving

Calories	440
Total fat	11 g
Saturated fat	7 g
Cholesterol	70 mg
Sodium	N/A
Carbohydrate	51 g
Dietary fiber	6 g
Total sugars	12 g
Added sugars included	0 g
Protein	33 g

Source: MyPlate

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