

Kuřecí salát s rýží

Kategorie: Zeleninové saláty

Hodnocení: nezadáno

Počet porcí:

Náročnost: lehký

Autor: Jílek

Suroviny

Easy Chicken Salad

minutes - Prep Time:

minutes - Cooking Time:

servings - Makes:

1 package (6,9 oz.) Rice-A-Roni Chicken Flavor

2 tbsp. vegetable oil

1 package (12 oz.) Easy Beginnings Sliced Chicken Breast with Rib Meat - Roasted

1 can (16 oz.) red kidney or black beans, rinsed and drained

2 cups chopped tomatoes or diced tomatoes, canned

1 cup canned peas, drained

0,5 cup prepared Italian dressing

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Postup

repare Rice-A-Roni as package directs, substituting oil for margarine and adding chicken during last 10 minutes of cook time. Cool 10 minutes. Combine rice-chicken mixture, beans, tomatoes, peas and Italian dressing in large bowl. Serve.

Nutrition Information Per Serving: Calories 340; Fat 9 g; Protein 22 g; Carbohydrates 45 g; Cholesterol 36 mg; Sodium 1025 mg; Fiber 7 g

