

Chicken, Rice and Cranberry Salad



Makes:

12 servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

Rate Recipe:

Select rating
Give Chicken, Rice and Cranberry Salad 1/5
Give Chicken, Rice and Cranberry Salad 2/5
Give Chicken, Rice and Cranberry Salad 3/5
Give Chicken, Rice and Cranberry Salad 4/5
Give Chicken, Rice and Cranberry Salad 5/5

[Write a Review](#)

Recipe Description:

This dish is easy, can be made a day ahead, and will have people raving! This is a one dish meal that will delight the palate ? as delicious as it is beautiful.

1 ¹/₂
cups
long grain and wild rice combination
(278
g)
4
cups
chicken or vegetable broth, low sodium
(960
mL)
¹/₂
cup
raspberry vinegar
(120
mL)
2
tablespoons
sugar
(25

g) ¹/₂

teaspoon

salt

(3

g) ¹/₄

teaspoon

black pepper

(.5

g) ¹/₄

cup

olive oil

(60

mL)

3

cups

chicken, cooked and diced

(851

g)

8

green onions, sliced

¹/₃

cup

fresh parsley, finely chopped

(20

g)

1

cup

dried cranberries

(121

g)

1

cup

walnuts, toasted, chopped

(117

g)

2

heads bib lettuce

green grapes, optional

Directions:

1. Place rice and broth (can substitute for water, but broth will add more flavor) in sauce pan over medium heat and cover. When Vapo-Valve? clicks reduce heat and simmer for 45 minutes or until water has been absorbed. Drain and place in large bowl.
2. Meanwhile, in a blender, combine vinegar, sugar, salt and

pepper. With motor running slowly add oil and continue to blend until thickened. Pour over rice and toss to coat.

3. Add chicken, onions, parsley and cranberries; toss to combine. Let stand at room temperature at least 30 minutes.
4. Just before serving, stir in walnuts and toss to combine.
5. Arrange lettuce leaves on plates, spoon salad in center of leaves, garnish with grapes and serve at room temperature.

Tips:

- Rice can be made in the MP5 according to rice cooking guide instructions.
- If using boxed rice product cook with the mixed herbs that come in the box.
- Can be made the day before.
- Use boneless, skinless chicken breasts.
- The bibb lettuce is not just for the aesthetic appeal, it is eaten with the salad.

Nutritional Information per Serving

Calories:

425

Total Fat:

13g

Saturated Fat:

1g

Cholesterol:

3mg

Sodium:

146mg

Total Carbs:

74g

Dietary Fiber:

7g

Sugar:

3g

Protein:

7g