

## Chicken, Rice and Sundried Tomato Salad



### Makes:

6 servings

### Utensil:

small mixing bowl

large mixing bowl

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### Recipe:

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### Recipe Description:

This is a delectable one-dish meal that is fresh, easy and will become a basic in your household. So beautiful and delicious it is perfect for guests, and the bonus is that it can be cooked and prepared the day before.

#### Salad

2 cups  
chicken, cooked and diced  
(280  
g)  
 $\frac{2}{3}$  cup  
sundried tomatoes, approximately 3 ounces (85g)  
4 cups  
long grain brown and wild rice, cooked (1 package)  
(780  
g)  
5 green onions, chopped, include most of the green  
2 tablespoons  
dried basil  
(4  
g)  
salt and pepper, to taste  
2 cups  
spinach leaves, sliced into strips  
(60  
g)  
 $\frac{1}{3}$  cup  
slivered almonds, toasted  
(36  
g)  
avocado, sliced, garnish

#### Vinaigrette

$\frac{1}{2}$   
cup olive oil (120 mL) 2  
tablespoons red wine (30 mL) 2  
vinegar 1  
tablespoons lime or lemon (30 mL) 1

juice  
tablespoon Dijon mustard (16 g)  
teaspoon garlic powder or 1 clove garlic, minced

**Directions:**  
1. Mix first 6 ingredients of the salad.  
2. Mix all of

vinaigrette ingredients and blend well.

3. Pour approximately ½ vinaigrette onto salad and mix to combine. (May be prepared up to this point one day in advance)
4. When ready to serve, place bed of spinach on a plate and spoon salad over spinach.
5. Sprinkle almonds on top and avocado slices on the side. Serve at room temperature.
6. Place remaining vinaigrette for family or guests to use if desired.

Tips:

- Use sundried tomatoes that are not packed in oil for a healthier, less caloric dish.
- Another version of this salad: prior to serving you may slice the spinach in strips and dice avocados, and add together with almonds to the salad, mixing well to combine.
- The 10" Chef's Gourmet Skillet is perfect for cooking the chicken in this recipe.

Nutritional Information per	
▼ Serving	
Calories:	419
Total Fat:	18g
Saturated Fat:	2g
Cholesterol:	46mg
Sodium:	242mg
Total	39g
Carbs:	
Dietary Fiber:	6g
Sugar:	4g
Protein:	26g