

Asian Chicken and Brown Rice Salad

Number of Servings: 6

Ingredients:

- 3 Tablespoons low sodium soy sauce
- 3 Tablespoons rice wine vinegar
- 2 Tablespoons sesame oil
- 2 cups whole grain brown and wild rice mix
- 3 cups shredded cooked chicken
- 1 cup diced yellow bell pepper
- 1 can water chestnuts, chopped
- 1/2 cup green onions, chopped
- 1 cup chow Mein noodles
- 6 cup baby spinach leaves
- Pepper to taste

Directions:

1. Whisk together soy sauce, vinegar, and sesame oil in a large bowl.
2. Prepare brown and wild rice mix according to package directions.
3. Stir chicken, next 4 ingredients, and rice into soy sauce mixture.
4. Add pepper.
5. Serve on bed of baby spinach.

Nutrition Facts	
6 servings per container	
Serving size	1 cup chicken + 1 cup spinach (280g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	20%
Sodium 500mg	22%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 4mg	20%
Potassium 342mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Family Conversation Starter:

If you had a time machine for a day, what would you do with it?

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