



Chicken Apricot Rice Salad

Holiday time, you can count on having extra wild rice and turkey, so turn leftovers into tomorrow's dinner by spiking the rice with vivid colors and flavors and toasty crunchy almonds for an undemanding and unforgettable salad. Rotisserie or grilled chicken works well also.

Makes 8 cups

- 2 tablespoons lime juice
- 2 tablespoons roasted garlic seasoned rice vinegar
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1/2 teaspoon ground ginger
- 4 cups cooked wild or brown rice
- 2 cups chopped boneless skinless cooked chicken breasts or rotisserie chicken
- 1 cup dried apricots strips (about 6 ounce package)
- 1/2 cup dried cranberries or mixed berries
- 1 cup chopped green onions
- 1/3 cup sliced almonds, toasted

1. In small bowl, whisk together rice vinegar, lime juice, oil, honey and ginger; set aside.
2. In large bowl, combine remaining ingredients except almonds. Combine with dressing and refrigerate. When serving, toss with almonds.

Nutritional information per serving:

Calories 277

Calories from fat 23%

Fat 7g

Saturated Fat 1g

Cholesterol 30mg

Sodium 111mg

Carbohydrate 39g

Dietary Fiber 4g

Sugars 19g

Protein 16g

Dietary Exchanges: 1 1/2 starch, 1 fruit, 2 lean meat

Spicy Advice: Use kitchen scissors to cut dried fruit into strips or even cut your meat or chicken.