



# Avocado Mandarin Tossed Salad with Chicken

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Cost per serving:** \$0.48

## What you need:

### Utensils:

- Can opener
- Sharp Knife
- Cutting Board
- Large mixing bowl
- Mixing spoon
- Measuring cups & spoons
- Salad Bowl

### Ingredients:

- ½ cup green onion, thinly sliced
- 1 can (11 ounces) mandarin oranges, drained
- ⅓ cup coarsely chopped pe-cans
- ⅛ teaspoon pepper
- 1 medium ripe avocado, peeled and sliced
- 2 cups cooked, shredded chicken
- 4 cups torn salad greens
- ¼ cup fat free Italian salad dressing

### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and slice onion.
4. In a bowl, combine the onion, oranges, pecans and pepper.
5. Refrigerate for 30 minutes.
6. Just before serving, wash, peel and slice avocado and tear salad greens.
7. Place the greens in a salad bowl.
8. Top with orange mixture, shredded chicken and avocado slices.
9. Drizzle with dressing before serving.



## Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

### WEBSITE:

<http://fortbend.agrilife.org>

### EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

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<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 160	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 10g	
Vitamin A 50%	Vitamin C 30%
Calcium 2%	Iron 6%