



Moroccan Chicken Salad

Leftover chicken and rice come together in this flavorful main dish salad. Serve over baby spinach.

Ingredients:

- 2 cups cooked rice
- 2 cups shredded cooked chicken
- 2 cups shredded carrots
- ¼ cup sliced scallions
- ¼ cup chopped Kalamata olives
- ¼ cup reduced-sodium chicken broth
- ⅓ cup orange juice
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon ground cinnamon
- ⅛ teaspoon cayenne pepper
- Salt & freshly ground pepper, to taste

Directions:

- Combine rice, chicken, carrots, scallions and olives in a large bowl. Whisk together gravy (or broth), orange juice, lemon juice, mint, cilantro, oil, cinnamon, cayenne and salt and pepper to taste in another bowl. Toss dressing with rice mixture.

Yield: 4 servings, about 1 ⅓ cups each

Nutritional Information: Per serving : 307 Calories; 9 g Fat; 2 g Sat; 5 g Mono; 63 mg Cholesterol; 32 g Carbohydrates; 24 g Protein; 2 g Fiber; 267 mg Sodium; 455 mg Potassium

Recipe Source: *EatingWell*: September 1997

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.