

Phyllis Morgan

Fruity Chicken Salad

(The fruit and fresh vegetables can be varied.)

4c. diced cooked chicken breast.

1 15 oz. can pineapple chunks, drained

1 c. chopped celery

2Tb. ^{of green onions sliced} grated onion

$\frac{1}{2}$ c. chopped green pepper

$\frac{1}{2}$ c. sliced olives

1 11 oz. can mandarin oranges, drained

$\frac{1}{2}$ c. cashew nut pieces

dash of lemon juice

$\frac{1}{2}$ c. mayonnaise

$\frac{1}{2}$ c. plain yogurt or sour cream

1 Tb. prepared mustard

(over)

Garnishes

1 (5oz) can chowmein or rice noodles
and/or $1\frac{1}{2}$ c. alfafa sprouts

Lettuce leaves

sprigs of parsley

Mix all salad ingredients in the order
given, up to and including the lemon juice.
Cover and chill a few hours. Add the
dressing and chill a couple hours more.
Top with noodles and/or sprouts. Serve on
lettuce leaves garnished with parsley.
Makes 6 servings as a main dish
salad, more as a side dish salad.