

Chicken Salad with Rice, Pecans, Grapes, and Orange Dressing

Recipe Cookbook: Smucker's® Recipe Collection

Prep Time: 20 minutes Cooking Time: 40

INGREDIENTS:

4 (4 oz) skinless, boneless chicken breasts
3 1/2 C cooked wild rice, (about 1 C uncooked)
1 C sliced green onions
1 C seedless green grapes, halved (optional)
1/4 C chopped pecans, toasted (optional)
1 TBS grated orange rind
1 C Smucker's Sugar Free Orange Marmalade
1/3 C raspberry vinegar
1/4 tsp salt
1/8 tsp pepper
Crisco Cooking Spray

DIRECTIONS:

1. Spray large skillet with Crisco cooking spray; heat over medium heat till hot. Add chicken - cook 2 minutes on each side or till lightly browned.
2. Place chicken in 11x7" baking dish coated with cooking spray. Bake 20 minutes at 450° F or till cooked through. Remove chicken - cool and cut into 1/4" strips.
3. In large bowl, combine chicken, rice, green onions, grapes + pecans, if desired. Toss well and set aside. In small bowl, combine orange rind + next 4 ingredients - stir well. Pour over chicken mixture - toss well.
4. Serve salad at room temperature, on lettuce-lined plates, if desired.

Serves: 6