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**“Summer Salad”**

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Makes a cool summer super! Nice recipe for using leftover grilled chicken and cooked rice. Serves 6

**Ingredients:**

- 3 cups cooked long grain brown rice
- 2 small boneless skinless chicken breasts\*
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) whole kernel corn, drained
- 1/2 small green pepper, chopped
- 1/2 cup chopped red onion, optional
- 2 small tomatoes
- 3 1/2 cups fresh baby spinach leaves (~ 3 oz)
- 6 ounces Swiss cheese
- 1/2 avocado, peeled and sliced
- 3/4 cup fat-free vinaigrette dressing\*\*

**Method:**

Cook brown rice according to package directions. Cool.

Marinate chicken with favorite marinade; for a tasty marinade, see below.\* Drain marinade and grill chicken breasts (or cook according to favorite method). Slice, and set aside.

Combine cooled rice with drained and rinsed black beans, drained corn, chopped pepper, and chopped onion. Chop 1 tomato and add to salad mix; set second tomato aside. Toss to mix.

Wash and pat dry spinach leaves. Arrange spinach in bottom of serving bowl. Place rice salad mix on spinach. Make 4 wedge cuts partially through the second tomato; allow tomato to open creating a flower. Place tomato flower on top of rice. Slice cheese into julienne strips and arrange on salad; add sliced chicken and sliced avocado. Drizzle with dressing just before serving, or allow guests to add their own dressing.

**NOTES:**

- \* Chicken marinade – combine 1 can (12 oz.) lemon-lime soda, 3/4 cup soy sauce, 1/2 cup vegetable oil, 1/2 teaspoon garlic powder, and 1 tablespoon horseradish. Add chicken and marinate 1-2 hours or up to overnight. Drain marinade and grill chicken until cooked.
- \*\* Huckleberry flavored vinaigrette goes especially well with this salad.

<b>Nutrition Facts</b>	
Serving Size 1/6 (434g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 460</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 6g	31%
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 710mg</b>	<b>30%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 8g	33%
Sugars 11g	
Protein 33g	
Vitamin A 30%	Vitamin C 35%
Calcium 35%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	