



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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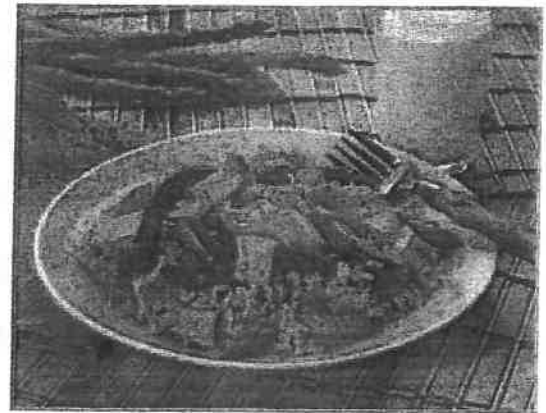
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Asparagus, Mandarin Orange, Chicken and Rice

Makes: 4 Servings

Prep time: 30 minutes

Fresh California asparagus, mandarin oranges, chicken, and brown rice make perfect compliments in this Asian-influenced salad.



Ingredients

For the Vinaigrette

2 tablespoons extra virgin olive oil

2 tablespoons rice vinegar

3 tablespoons mandarin orange juice (reserved from oranges)

1 tablespoon soy sauce

For the Salad:

3 1/3 cups fresh asparagus (trimmed)

2 cans 11 oz cans mandarin oranges (drained, reserve juice)

12 ounces cooked chicken breast (cut into chunks)

3 cups cooked instant brown rice

Directions

1. In small bowl, whisk vinaigrette ingredients, set aside.
2. Cook rice according to package directions.
3. Place whole trimmed asparagus in a large skillet with 1 1/2 inches of water.
4. Bring to a boil, reduce heat and simmer, uncovered, for 2-5 minutes.
5. Rinse with cool water and cut into 1-inch pieces.
6. In a medium size bowl, toss all ingredients.

Notes

Nutrition Information

Nutrients Amount

Calories
440

Total Fat
11 g

Saturated Fat
2 g

Cholesterol
70 mg

Sodium
300 mg

Total Carbohydrate
51 g

Dietary Fiber
6 g

Total Sugars
12 g

Added Sugars Included
0 g

Protein
33 g

Vitamin D
0 mg

Calcium
63 mg

Iron
3 mg

Potassium
737 mg


N/A - data is not available

MyPlate Food Groups

 Fruits 3/4 cup

 Vegetables 1/2 cup

 Grains 1 1/2 ounces

 Protein Foods 3 ounces

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