

Asparagus, Mandarin Orange, Chicken, and Rice



Makes: 4 Servings

Total Cost: \$\$\$\$

Preparation 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, reduced sodium

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 a 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

Weekly Meal Planning Tip: When you're planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use in this salad.

Learn more about:

- [Asparagus](#)
- [Oranges](#)

Source:

Produce for Better Health Foundation

Nutrition Information





Nutrients	Amount
Total Calories	440
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	70 mg
Sodium	N/A
Carbohydrates	51 g
Dietary Fiber	6 g
Total Sugars	12 g
Added Sugars included	0 g
Protein	33 g
Vitamin D	0 mcg
Calcium	63 mg
Iron	3 mg
Potassium	737 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups



	Fruits	3/4 cups
	Vegetables	1/2 cups
	Grains	1 1/2 ounces
	Protein Foods	3 ounces



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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