

Ellie's Chicken Salad (Santa Rosa Valley Salad)

Ellie Penniman, April 2011

Serves: 6-8 people

ingredients

6 oz. long grain wild rice mix (Uncle Ben's microwave is often used)

Juice of 1 lemon

3 chicken breasts halves, cooked and diced (optional)

1 red bell pepper, diced

3 oz. Chinese peapods, ends removed

1 cup chopped pecans, toasted

Lettuce leaves for garnish

Dressing:

2 cloves garlic, minced

1 tablespoon dijon mustard

1/2 teaspoon salt

1/4 teaspoon sugar

1/4 teaspoon pepper

1/3 cup seasoned rice vinegar

1/3 cup vegetable oil

Preparation

1. Combine dressing ingredients in blender. Cover and refrigerate.

2. Cook rice

3. Mix all the salad ingredients except avocado and pecans. Combine with salad dressing and refrigerate 2-4

hours. Before serving, add avocado and pecans and garnish with lettuce leaves.