**Chicken/Turkey Salad**

1 cup diced cooked chicken or turkey meat  
2 grated carrots  
3 cups cooked rice or elbow macaroni  
1 cup cooked peas  
1 chopped green pepper, if desired  
1/2 cup light mayonnaise  
1 medium onion, chopped  
1/2 teaspoon salt, if desired  
1/2 cup chopped celery, if desired  
1 Tablespoon mustard, if desired

Combine meat, rice or noodles, green pepper, onion, carrots and peas. Toss with mayonnaise and salt and mustard, if desired.

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**Tangy Chicken and Rice**

1/4 cup margarine  
1/4 cup lemon juice  
1/4 cup vinegar  
1 teaspoon salt  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon thyme  
1 chicken, cut-up  
6 cups cooked rice

Nutrition Facts using chicken, macaroni, pepper and celery

Serving Per Recipe 10 (1/2 cup each)
Amount Per Serving
Calories 141 30% of total calories from fat
Total Fat 5 g Sodium 168 mg
*Vitamin A 42% *Vitamin C 18%
*Calcium 2% *Iron 6%

*Percentage Daily Values

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Nutrition Facts using canned beans

Servings Per Recipe 6
Amount Per Serving
Calories 441 26% of total calories from fat
Total Fat 12 g Sodium 498 mg
*Vitamin A 10% *Vitamin C 4%
*Calcium 4% *Iron 17%

*Percentage Daily Values