

Name: Allison Crane
County: Jasper

Age: Junior
Food Category: Fruit and Vegetables

Popcorn Chicken Salad

1 (12 ounce) package frozen popcorn chicken
1 (16 ounce) package iceberg lettuce mix
1/2 of a medium cucumber
1/2 cup grape tomatoes
1/2 cup ranch dressing

1. With adult help, set the oven to the temperature given on the package of chicken. Spread the chicken pieces in a 9x13 casserole dish and bake following the directions and time given on the package.

Put lettuce in a large colander bowl. With adult help, place the cucumber on a cutting board and cut into bite-size pieces using a crinkle cutter.

Add cucumber pieces, grape tomatoes and chicken pieces to the lettuce.

Drizzle the dressing over the salad.

Put the lid on the bowl and shake it up and down 25 times or until the salad is coated with the dressing.

Makes 4 servings

Nutrients per serving: Calories 390, total Fat 26 g., Saturated Fat 4 g., Cholesterol 35 mg., Carbohydrate 25 g., Protein 15 g., Sodium 850 mg, Fiber 4 g.

Diabetic exchanges per serving: 1 1/2 starch, 1/2 vegetable, 1 high-fat meat, 3 1/2 fat (1 1/2 carb)