

Chicken and Bean Salad







Recipe Rating	
Total Time	30 Minutes
Cooking Time	None
Total Labour	30 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board Whisk/Spatula/Cheese grater Mixing Bowl or Pan

Nutrition Facts Valeur nutritive	
Per 1 serv (114g) / par 1 serv (114g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	200
Fat / Lipides 13g	20%
Saturated / satures 4.5g	
+ Trans / trans 0g	22%
Cholesterol / Cholesterol	60mg
Sodium / Sodium	180mg
	8%
Carbohydrate / Glucides	5g
	2%
Fibre / Fibres 1g	6%
Sugars / Sucres 1g	
Protein / Proteines	15g
Vitamin A / Vitamine A	5%
Vitamin C / Vitamine C	4%
Calcium / Calcium	8%
Iron / Fer	10%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Chicken, Cooked, Diced	1.5 Kg	3.3 Lbs	3 Kg	6.6 Lbs
Beans, Mixed, Canned	300 gm	10.6 oz	600 gm	1.2 Lbs
Onions, Fresh, Diced	200 gm	7.1 oz	400 gm	14.2 oz
Carrots, Fresh, Shredded	100 gm	3.5 oz	200 gm	7 oz
English Cucumber, Fresh, Peeled and Diced	200 gm	7.1 oz	400 gm	14.2 oz
Tomatoes, Fresh, Roma, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Olive Oil, Extra Virgin	60 mL	2 fl oz	120 mL	4 fl oz
Feta Cheese, Crumbled	300 gm	10.6 oz	600 gm	1.3 Lbs

Method	
	<p>1. Thaw diced chicken and set aside to cool.</p> <p>Peel onions, carrots and cucumbers. Dice onions and cucumbers. Using a cheese grater, grate carrots using the medium hole setting.</p> <p>Combine olive oil, balsamic vinegar and oregano.</p>
	<p>2. In a large bowl, combine all ingredients except the olive oil balsamic vinegar and oregano.</p>
	<p>3. Add olive oil, balsamic vinegar and oregano mixture to the vegetables prior to service.</p> <p>Serve Cold.</p>
	<p>4. Bulk: Portion into service dishes or leave in bulk for dining room service.</p> <p>Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service.</p>
<p>Garnish: Watercress or parsley sprig</p>	
<p>Food Accompany: Pita or rustic breads</p>	

