



Chicken Salad Mandarin

- 1 can (13 ounce) can Lima Linda FriChik
- 1 head iceberg or romaine lettuce
- 3 tablespoons soy sauce
- 3 tablespoons lemon juice
- 1 teaspoon ginger root, grated
- 1 teaspoon brown sugar
- 1 clove garlic, minced
- 3 tablespoons oil
- 1/3 cup Vegenaise
- 1 cup sliced celery
- ½ cup cashews, chopped
- ¼ cup sliced green onions
- 1 can (11 ounce) mandarin oranges

Directions:

Roughly dice the FriChik. Chop the lettuce and chill.

Mix soy sauce, lemon juice, ginger root, brown sugar and garlic in a small bowl. Reserve 2 tablespoons of the mixture and pour the rest over the FriChik. Marinate for 1 hour.

Heat oil in medium sized fry pan; add FriChik with sauce and cook until lightly browned. Cool.

Combine FriChik with Vegenaise and reserved soy sauce mixture.

Add lettuce, celery, cashews, onions, and oranges. Toss to blend.

Serve immediately. Makes 4-6 servings.

Submitted by Anne R. of North Carolina