



CHEF IAN MORONEY, PUMPKIN
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LEFTOVER CHICKEN AND APPLE SALAD

Ingredients:

- mixed lettuce leaves
- 1 cup cooked lentils
- 1 apple, cubed
- cut up leftover chicken
- olive oil to taste
- sherry vinegar to taste
- mustard to taste

Directions:

Mix four top ingredients in a bowl and dress with a mixture of olive oil, sherry vinegar (or other of preference) and a bit of mustard.

Serves 2

Nutrition Facts

Serving Size 165 g

Amount Per Serving

Calories 375

Calories from Fat 10

	% Daily Value*
Total Fat 1.1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	1%
Total Carbohydrates 67.2g	22%
Dietary Fiber 30.9g	124%
Sugars 9.1g	
Protein 24.9g	

Vitamin A 1%

Calcium 6%

• Vitamin C 12%

• Iron 41%

* Based on a 2000 calorie diet

For more information please visit:
WHYY.org/widerhorizons/chefsguide.html