

Summer Type Dinner Meal Salads

TROPICAL CHICKEN SALAD

4 c. chopped cooked chicken
1 (15 1/4 oz.) can pineapple tidbits, drained
1 (11 oz.) can mandarin oranges, drained
3/4 c. chopped celery
1 (2 oz.) jar diced pimiento, drained (optional)
2 tbsp. green pepper, chopped
1 tsp. grated onion
1/2 c. unsalted cashews
1/2 c. peach yogurt (I have used strawberry and Pina Colada)
1/2 c. mayonnaise
Combine first 8 ingredients; set aside. Combine yogurt and mayonnaise. Add to chicken mixture; toss. Chill 2 to 3 hours.

PEAR CHICKEN SALAD

1 (29 oz.) can Bartlett pear halves
2 c. diced, cooked chicken breasts
2 tbsp. chopped green onions
1/2 c. toasted almond slices
1/2 c. pineapple tidbits, drained
Lettuce, parsley sprigs for garnish
1 c. chopped celery
1 c. mayonnaise
1/2 tsp. salt
1/4 tsp. ginger
1 tbsp. minced fresh parsley

Drain and chill pear halves. Reserve 1/4 cup of syrup. Combine chicken, celery, green onion, almonds, and pineapples. Blend mayonnaise with pear syrup, parsley, salt and ginger. Toss gently with chicken mixture. Chill thoroughly.

Arrange 2 pear halves on each of 4 lettuce lined salad plates. Spoon chicken salad onto pears. Garnish.