

"CHIC" FRUITY EGG SALAD

SERVES 8

- 6 ounces rainbow pasta, prepared
- 1 8-1/4 ounce can mandarin orange slices, drained
- 2 10 ounce cans chicken, drained
- 2 teaspoons celery salt
- 1 cup pineapple chunks, drained
- 1 cup red grapes (sliced in half)
- 1 cup English walnuts, chopped
- 1.5 cups poppy seed dressing
- 2 tablespoons mayonnaise
- 6 hard-cooked egg whites, chopped

In a large mixing bowl, combine ingredients and toss well. Cover and chill in refrigerator before saving.

Nutritional Analysis per serving: calories 576, protein 248 g, carbohydrates 39 g, fat 35 g (5 g, saturated), cholesterol 60 mg, sodium 1103 mg, calcium 45 mg.

CUT ALONG
THIS LINE

FOLD ALONG
THIS LINE

COPYRIGHT © 2002 GEORGIA EGG COMMISSION



CUT ALONG
THIS LINE