

Chicken and Rice Salad

- 1 (6-ounce) package long-grain and wild rice mix
- 1 cup chicken broth
- 1 cup coarsely chopped pecans
- 3 cups chopped cooked chicken
- 1 red bell pepper, chopped
- $\frac{3}{4}$ cup chopped *arugula*
- $\frac{1}{4}$ cup chopped green onions
- 1 $\frac{1}{2}$ tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 1 $\frac{1}{2}$ tablespoons sesame oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- Lettuce leaves

Cook rice according to package directions, substituting 1 cup chicken broth for 1 cup water; cool. Bake pecans in a shallow pan at 350 degrees, stirring often, 5 to 10 minutes or until toasted. Combine rice, pecans, chicken, red pepper, arugula and green onions in a bowl. Whisk together soy sauce, vinegar, sesame oil, salt and pepper; pour over chicken mixture, tossing gently. Serve on individual lettuce lined plates.

Serves 4.