

# Citrusy Chicken Salad with Feta

**Preparation Time:** 15 mins  
**Cook Time:** 3-4 mins  
**Serves:** 4-6

**Recipe Provided By:** Dairy Farmers of Canada

**Recipe Source:** [NutritionMonth2021.ca](https://www.nutritionmonth2021.ca)

## Ingredients

soybeans (edamame) shelled	<b>1 1/2 cups (375 mL)</b>
cooked chicken shredded	<b>2 cups (500 mL)</b>
sun-dried tomatoes minced	<b>1/4 cup (60 mL)</b>
clementines peeled and separated into segments	<b>2-3</b>
olive oil	<b>2 tbsp (30 mL)</b>
orange juice	<b>1/4 cup (60 mL)</b>
Canadian feta diced	<b>1 cup (250 mL)</b>
freshly ground pepper	
assorted lettuce	<b>5 cups (1.25 L)</b>

## Directions

1. Cook soybeans according to instructions on packaging. Drain and cool under running water.
2. In a large bowl, mix together all ingredients except lettuce. Adjust seasoning.
3. Add lettuce, toss and serve immediately.



### DIETITIAN TIP

**Isabelle Neiderer, RD**

*Dietitian with Dairy Farmers of Canada*

This simple but tasty recipe packs a serious protein punch. Pair with a glass of milk and a hearty whole grain bun and you've got an easy, well balanced meal that will keep hunger at bay. Visit [whatyoueat.ca](https://www.whatyoueat.ca) to learn more about protein.

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