

## CITRUS CHICKEN SALAD WITH CASHEWS

Ingredients	Amount
Chicken, cooked and diced	1 lbs
Bulgur wheat, soaked	1/2 cup raw
Green onions, sliced	4 each
Mandarin oranges, drained	1 small can
Cashews, rough chop	1/2 cup
Cottage cheese, low fat	1/3 cup
lemon garlic dressing	1/3 cup

### Method:

1. Soak 1/2 cup of bulgur in 1/2 cup of water until water is absorbed or bulgur has softened
2. Blend cottage cheese with lemon garlic dressing
3. Mix all ingredients together and refrigerate before serving.