

Crunchy Chicken Salad

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/crunchy-chicken-salad>

Ingredients

- 2 cup cooked chicken (chunked)
- ½ cup celery
- ¼ cup green pepper
- ¼ onion
- ½ cucumber
- ½ cup grape
- 1 apple (small, diced, leave peel on)
- ¼ cup plain yogurt

Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop ¼ of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together. *Optional: Serve on lettuce, crackers, or bread.*

Makes 5 servings (3/4 cup prepared salad per serving)

Nutritional Information per serving

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| Calories: 140 | Dietary Fiber: 1 g |
| Total Fat: 4.5 g | Sodium: 65 mg |
| Saturated Fat: 1 g | Protein: 17 g |
| Cholesterol: | Carbohydrates: 8 g |
| Calcium: 4% DV | Iron: 4% DV |
| Vitamin A: 4% DV | Vitamin C: 15% DV |

