



Crunchy Chicken Salad

Serving Size: ¾ cup

Yield: 5 servings

Ingredients

- 2 cups chunked cooked chicken
- ½ cup celery
- ¼ cup green pepper
- ¼ onion
- ½ cucumber
- ½ cup grapes
- 1 small diced apple (leave the peel on)
- ¼ cup lowfat yogurt, plain
- ½ teaspoon (or to taste) garlic and/or onion powder

NOTE: If you try this recipe and don't like some of these fruits or vegetables, leave them out or substitute another crunchy, inexpensive favorite.

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 OK to leave the peel on the apple.
7. Cut the grapes in half.
8. Put chicken, vegetables, fruit, and seasonings into a large bowl, add yogurt and stir until combined. Then serve on lettuce, crackers, or bread.

Cost

Per Recipe: \$4.56

Per Serving: \$0.91

Nutrition Facts

Serving Size: ¾ cup (159g)

Servings Per Recipe: 5

Amount Per Serving

Calories 140 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g 7%

 Saturated fat 1g 5%

 Trans Fat 0g

Cholesterol 50mg 17%

Sodium 65mg 3%

Total Carbohydrate 9g 3%

 Dietary Fiber 1g 4%

 Sugars 6g

Protein 17g

Vitamin A 4% * Vitamin C 20%

Calcium 4% * Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4

Adapted from Pennsylvania Nutrition Education Network Website Recipes, The Pennsylvania Nutrition Education Program