



Fruity Chicken Salad



1-800-WIC-1007

Ingredients

- 2 (12.5 oz.) cans of chicken (drained) or 3 cups diced cooked chicken
- ½ cup plain yogurt
- ¼ cup mayonnaise
- 1 stalk celery, diced
- 1 small apple, diced

- 1 cup red grapes, diced (optional)
- 1 green onion, sliced
- Juice of ½ lemon
- Pepper to taste

Directions

1. Place the chicken into a large mixing bowl.
2. Add yogurt, mayonnaise, celery, apple, grapes, green onion, lemon juice, and pepper to the mixing bowl. Mix well until all ingredients are combined.
3. Serve on whole wheat bread with lettuce and tomato.

Serves: 6 • Serving Size: ¾ cup + 2 pieces of whole wheat bread • Total Time: 15 minutes

Chef Tips

1. Serve over salad or with cucumber slices instead of bread.
2. Add 1 tablespoon of curry powder to make curried chicken salad
3. Serve with lettuce in a whole wheat wrap
4. Use canned tuna fish instead of chicken
5. Leave out the grapes and apples if you don't like them

Supplies

- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Cutting board
- Knife



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Nutrition Facts Per Serving: 330 Calories, 8 g Fat, 35 g Carbohydrate, 29 g Protein, 680 mg Sodium