Fruity Chicken Salad

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

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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.
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

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

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