

## Crunchy Chicken Salad

(Makes 5 servings – Serving Size: 3/4 cup)

### **Ingredients:**

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



### **Directions:**

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. Serve on lettuce, crackers, or bread.

### **Nutritional Analysis:** (per serving)

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|---------------------|----------------------|
| ▪ Calories: 140     | ▪ Total Fiber: 1g    |
| ▪ Saturated Fat: 1g | ▪ Protein: 17g       |
| ▪ Sugars 6g         | ▪ Carbohydrate: 8g   |
| ▪ Sodium: 65 mg     | ▪ Cholesterol: 50 mg |

### **Source:**

Pennsylvania Nutrition Education Program

Pennsylvania Nutrition Education Network Website Recipes

USDA What's Cooking, <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-chicken-salad> Accessed 5/4/2015