

Simple Chicken Salad

SERVING SIZE: 1/2 cup

SERVINGS: 8

PREPARATION TIME: 10 minutes

INGREDIENTS:

- 2 10 ounce can chicken in water, drained
- 5 stalks celery, washed and chopped
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- 1/2 cup mayonnaise, light
- 1/4 cup grapes, washed and halved
- Pepper to taste

DIRECTIONS:

1. Drain canned chicken.
2. Add chicken, onion, and celery into a large mixing bowl. Stir.
3. Add garlic powder, grapes and mayonnaise to the same large bowl.
4. Stir all ingredients together until mixed. Add black pepper to taste.
5. Enjoy in a dish or on whole wheat bread.

RECIPE TIPS:

- You can also use leftover or fresh chicken instead of canned chicken.
- You can also use plain, nonfat yogurt in place of mayonnaise.
- Stores well in the refrigerator for 5-7 days.



NUTRITION FACTS:

Amount Per Serving	
Calories	164
Total fat	8g
Saturated fat	2g
Cholesterol	62mg
Sodium	332mg
Total Carbohydrate	4g
Fiber	0g
Sugar	2g
Includes 1g of Added Sugars	
Protein	20g
Phosphorus	122mg
Potassium	200mg

EQUIPMENT NEEDED:

- Large mixing bowl
- Spoon
- Can opener
- Knife
- Cutting board

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org