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
½ cup mayonnaise, light
¼ 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.

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 164</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>62mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>332mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
</tr>
<tr>
<td>Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugar</td>
<td>2g</td>
</tr>
<tr>
<td>Includes 1g of Added Sugars</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>122mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>200mg</td>
</tr>
</tbody>
</table>

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.

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