

Any Days a Picnic Chicken Salad



Makes: 6 servings

Total Cost: \$\$\$\$

Onion and pickle relish spice up a traditional chicken salad.

Ingredients

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 3 packages pickle relish (2/3 tablespoon)
- 1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

- Make chicken salad sandwiches.
- Make a pasta salad by mixing with 2 cups cooked pasta.
- Kids will love this salad served in a tomato or a cucumber boat.

Notes

Feedback

Learn more about:

- [Celery](#)
- [Onions](#)

Source:

University of Wisconsin, Cooperative Extension Service, A Family Living Program


Nutrition Information

Serving Size: 1/6 of recipe (98g)

MyPlate Food Groups



Nutrients	Amount
Total Calories	150
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Total Fat	7 g
Saturated Fat	1 g
Cholesterol	58 mg
Sodium	497 mg
Carbohydrates	5 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars included	2 g
Protein	17 g
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Vitamin D	0 mcg
Calcium	10 mg
Iron	0 mg
Potassium	246 mg

 Vegetables 1/4 cups
 Protein Foods 2 ounces

N/A - data is not available