

Crunchy Chicken Salad

Yield: 5 servings

- 1 can (12 ounce) boned chicken
- 1/2 cup celery
- 1/4 cup green pepper
- 1/4 onion
- 1/2 cucumber
- 1/2 cup grapes
- 1 apple (small, diced, leave the peel on)
- 1/4 cup yogurt, plain



1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery and green pepper into small pieces.
3. Peel and chop 1/4 of an onion.
4. Peel and chop half of a cucumber.
5. Chop the apple into pieces. It's okay to leave the peel on the apple.
6. Cut the grapes in half.
7. Put all the ingredients in a large bowl. Stir together.

Nutrition Facts	
5 servings per container	
Serving size 1 cup (177g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 288mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source:
Adapted from MyPlate, USDA - Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

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