



CHICKEN SALAD

Ingredients

- 1 cup shredded chicken (can be canned)
- 2 tablespoons celery
- 2 tablespoons dried cranberries
- 1 tablespoons nuts
- 1/2 cup yogurt
- salt
- pepper

Directions

1. Chop the celery and nuts into smaller pieces and add to a bowl with the shredded chicken and dried cranberries.
2. Add yogurt to the mixture and stir to coat all the ingredients.
3. Sprinkle salt and pepper (or any seasoning) on top to taste.
4. Optional: eat as a sandwich with wheat bread or on crackers!

Nutrition Facts

makes 2 servings

per serving

Calories.....	300
Carbohydrates.....	17 g
Protein.....	33 g
Total Fat.....	11 g
Saturated Fat.....	3 g
Trans Fat.....	0 g
Cholesterol.....	52 mg
Fiber.....	1 g
Total Sugar.....	14 g
Sodium.....	245 mg
Calcium.....	248 mg
Folate.....	43 mcg
Iron.....	1 mg



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Maricopa County
Department of Public Health