## **Crunchy Chicken Salad**

Yield: 5 servings

1 can (12 ounce) boned chicken

1/2 cup celery

1/4 cup green pepper

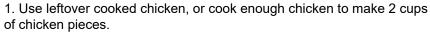
1/4 onion

1/2 cucumber

1/2 cup grapes

1 apple (small, diced, leave the peel on)

1/4 cup yogurt, plain



- 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.

5 servings per container Serving size 1 cu	лр (177g
Amount per serving Calories	160
% 0	aily Value
Total Fat 4g	51
Saturated Fat 1g	51
Trans Fat 0g	
Cholesterol 55mg	189
Sodium 200mg	91
Total Carbohydrate 12g	45
Dietary Fiber 1g	41
Total Sugars 9g	
Includes 0g Added Sugars	01
Protein 20g	
Vitamin D 0mcg	01
Calcium 38mg	21
Iron 1mg	61
Potassium 288mg	61

## Source

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









This institution is an equal opportunity provider.

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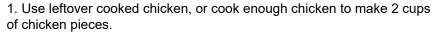
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- 7. Put all the ingredients in a large bowl. Stir together.

Serving size 1	cup (177
Amount per serving Calories	16
	Daily Val
Total Fat 4g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 55mg	1
Sodium 200mg	
Total Carbohydrate 12g	
Dietary Fiber 1g	
Total Sugars 9g	
Includes 0g Added Sugar	rs.
Protein 20g	
Vitamin D 0mcg	
Calcium 38mg	
Iron 1mg	
Potassium 288mg	

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