

Chicken and Fruit Salad

Ingredients:

- 2 stalks celery, chopped
- 1 cup seedless grapes
- 20 ounces pineapple chunks in juice, drained well
- 11 ounces mandarin orange, drained
- 3 cups boneless, skinless chicken breasts, cooked and chopped
- 1/4 teaspoon pepper
- 1/4 cup pecans, pieces, divided
- 1/4 cup light mayonnaise
- 8 cups lettuce leaves

Equipment:

- Cutting board
- Knife
- Medium mixing bowl
- Can opener
- Measuring cups
- Measuring spoons

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to medium bowl.
2. Take grapes off of stems and wash. Place on paper towel to absorb water. Cut each grape in half. Add to bowl.
3. Open cans of pineapple chunks and mandarin oranges, and drain juice. Save juice for other uses. Add pineapple and oranges to bowl. Sprinkle with pepper.
4. Add cooked chicken and half the pecans to bowl. Mix well.
5. Gently stir mayonnaise mixture into chicken mixture.
6. Cover and chill in refrigerator.
7. To serve, scoop 2/3 cup of the chicken mixture onto 1 cup of lettuce leaves or onto 1 large leaf of lettuce.
8. Sprinkle remaining pecans on top of chicken mixture.

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Nutrition Facts

Serving Size: 2/3 cup chicken mix, 1 lettuce leaf
 Servings: 8

Amount Per Serving		Calories from Fat 45	
Calories 212		%Daily Value*	
Total Fat 5g			8%
Saturated Fat 1g			4%
Cholesterol 52mg			17%
Sodium 179mg			7%
Total Carbohydrate 21g			7%
Dietary Fiber 3g			11%
Protein 21g			43%
Vitamin A 10%	Vitamin C 33%		
Iron 9%	Calcium 4%		

*Percent Daily Values are based on a 2,000 calorie diet.

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