

Chicken Salad

Ingredients:

- 2 1/2 cups boneless skinless chicken breasts, cooked and diced
- 1/2 onion
- 1 stalk celery
- 2 tablespoons sweet pickle relish
- 1/2 cup low-fat mayonnaise

Equipment:

- Cutting board
- Knife
- Medium bowl
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Chop cooked chicken breasts and add to bowl.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Save the other half for other uses. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to bowl.
3. 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 bowl.
4. Refrigerate until ready to serve. Chicken salad does not freeze well.

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 151	Calories from Fat 54
%Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	6%
Cholesterol 52mg	18%
Sodium 193mg	3%
Total Carbohydrate 4g	26%
Dietary Fiber trace 1g	15%
Protein 18g	61%
Vitamin A 1%	Vitamin C 4%
Iron 4%	Calcium 1%

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

TIP: Kids will love this salad served in a tomato or a cucumber boat.

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