

# Crunchy Chicken Salad

Yield 5 servings

## Ingredients

2 cups	cooked chicken (chunked)
1/2 cup	celery
1/4 cup	green pepper
1/4	onion
1/2	cucumber
1/2 cup	grape
1	apple (small, diced, leave the peel on)
1/4 cup	yogurt, plain

## Instructions

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

## Cost

Per recipe: \$4.03

Per serving: \$0.80

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

## Notes

Nutrition Facts	
Serving Size 3/4 cup prepared salad, 1/5 of recipe (156g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 6g	
<b>Protein</b> 17g	
Vitamin A 4%	• Vitamin C 15%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serve on lettuce, crackers, or bread.