



## August 26- Any Days a Picnic Chicken Salad

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/any-days-picnic-chicken-salad>

### Recipe

*Ingredients:*

- 2 ½ cups chicken breast (cooked, diced)
- ½ cup celery (chopped)
- ¼ cup onion (chopped)
- 2 tablespoons pickle relish
- ½ cup mayonnaise (light)

*Directions:*

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

Yield 6 servings

### Nutrition Facts

Serving Size 0.75 cup (134.58g)  
Servings Per Container 6

Amount Per Serving

**Calories** 200      **Calories from Fat** 70

% Daily Value\*

**Total Fat** 7g      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 100mg      **34%**

**Sodium** 260mg      **11%**

**Total Carbohydrate** 4g      **1%**

Dietary Fiber 0g      **1%**

Sugars 3g

**Protein** 29g

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 2%

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