



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.