



Apple and Chicken Salad



\$1.07 per serving

Nutrition Facts

6 servings per container	
Serving size 1 cup (211g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 250mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 35g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 696mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:



2 red apples



2 stalks celery



1/2 cup raisins



1/4 cup plain non-fat Greek yogurt



1/4 cup light mayonnaise



1/4 teaspoon salt



1/8 teaspoon ground black pepper



2 cups cooked chicken, chopped (cooked frozen strips/pieces, cooked leftovers or cook your own with our recipe)



18 lettuce leaves

Meal Idea

Apple and Chicken Salad



Whole grain bread



Skim milk



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Tools Needed:



cutting board



chef's knife



medium-sized bowl with lid



mixing spoon



dry measuring cups



measuring spoons



colander



vegetable brush

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

If needed, cook chicken using the **How to Cook Chicken** recipe.



3

Rinse all fresh produce under cold water in a colander. Scrub celery and apples with a vegetable brush.



4

Using the cutting board and knife, dice 2 stalks of celery.



5

Chop 2 red apples, remove the core and seeds.



6

Combine chopped apples, celery, and 2 cups diced chicken in a bowl.



7

Add $\frac{1}{4}$ cup Greek yogurt, $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ cup light mayonnaise, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper to bowl.



8

Stir all ingredients together.



9

Arrange 3 lettuce leaves on a plate and top lettuce with 1 cup of apple & chicken salad mixture.



**recipe makes 6 servings*

10

Store leftovers in bowl with a lid in refrigerator for 3-4 days.



Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking (Photo: 123rf.com)

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