CHICKEN SALAD

Ingredients
- 1 cup shredded chicken (can be canned)
- 2 tablespoons celery
- 2 tablespoons dried cranberries
- 1 tablespoons nuts
- 1/2 cup yogurt
- salt
- pepper

Directions
1. Chop the celery and nuts into smaller pieces and add to a bowl with the shredded chicken and dried cranberries.
2. Add yogurt to the mixture and stir to coat all the ingredients.
3. Sprinkle salt and pepper (or any seasoning) on top to taste.
4. Optional: eat as a sandwich with wheat bread or on crackers!

Nutrition Facts
makes 2 servings
per serving
- Calories: 300
- Carbohydrates: 17 g
- Protein: 33 g
- Total Fat: 11 g
- Saturated Fat: 3 g
- Trans Fat: 0 g
- Cholesterol: 52 mg
- Fiber: 1 g
- Total Sugar: 14 g
- Sodium: 245 mg
- Calcium: 248 mg
- Folate: 43 mcg
- Iron: 1 mg

THIS MATERIAL WAS FUNDED BY USDA’S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) THROUGH THE AZ HEALTH ZONE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.