Crunchy Chicken Salad
Makes 5 servings

Ingredients:
- 2 chicken breasts, chopped
- 1 stalk celery, chopped
- ½ green pepper, chopped
- ⅓ small onion, chopped
- ½ small cucumber, peeled and chopped
- 1 small apple, diced (not peeled)
- ¼ cup grapes, cut in half
- ¼ cup low-fat plain yogurt
- salt and pepper to taste

Directions:
1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Put chicken, celery, green pepper, onion, cucumber, apple grapes, yogurt, salt and pepper in a large bowl. Stir together.
3. Refrigerate until ready to serve

Source: Healthy Cents curriculum by the University of Maryland

Nutrition Facts
5 servings per container
Serving size ¾ cup (154g)
Amount per serving
Calories 100
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 30mg 10%
Sodium 45mg 2%
Total Carbohydrate 11g 4%
Dietary Fiber 2g 7%
Total Sugars 8g 2%
Includes 0g Added Sugars 0%
Protein 12g

*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.

14% calories from fat