

Crunchy Chicken Salad

Makes: 5 servings

This main dish is a combination of chicken, vegetables, and fruit. Enjoy it as a cold salad or as the filling of a hearty sandwich or wrap.

Ingredients

2 cups cooked chicken (chunked)

1/2 cup celery

1/4 cup green pepper

1/4 onion

1/2 cucumber

1/2 cup grape

1 apple (small, diced, leave the peel on)

1/4 cup yogurt, plain

Directions




1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel

Nutrition Information

Nutrients	Amount
Calories	125
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	46 mg
Sodium	232 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	18 g
Vitamin D	0 IU
Calcium	44 mg
Iron	1 mg
Potassium	295 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1/4 cup
 Protein Foods	2 ounces

on the apple.

7. Cut the grapes in half.

8. Put all the ingredients in a large bowl. Stir together.

Notes

Serve on lettuce, crackers, or bread.

Learn more about:

- [Celery](#)
- [Grapes](#)
- [Apples](#)
- [Bell Peppers](#)
- [Cucumbers](#)
- [Onions](#)

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes