



Chicken Salad

Makes 3 servings | Protein • Vegetables • Dairy

Ingredients

- 1 10-ounce pouch of deboned chicken
- 1/4cup plain low-fat yogurt
- 1/4cup light mayonnaise
- 1 Tablespoon onion, finely chopped
- 2 Tablespoons celery, finely chopped
- 1 Tablespoon dill pickle relish or chopped dill pickle (optional)

Directions

1. Wash hands with warm, soapy water.
2. Combine all ingredients except chicken and mix until well blended.
3. Remove chicken from pouch and flake apart with fork.
4. Add chicken and mix well.

Variations

- **Salmon Salad** - Replace chicken with canned salmon.
- **Tuna Salad** - Replace chicken with canned tuna.



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Choose How to Serve:

- **Salad** - Scoop onto crisp lettuce leaves or other salad greens.
- **Lettuce wrap** - Scoop chicken onto a crisp lettuce leaf and roll.
- **Stuffed tomato** - Wash a fresh tomato and cut into quarters nearly through. Spread open and scoop chicken on top.
- **Sandwich** - Spread chicken onto whole-grain bread and top with second slice of bread.
- **Chicken Melt** - Spread chicken onto whole-grain bread or English muffin. Sprinkle with shredded low-fat cheddar cheese. Put on a baking sheet and cook in a broiler, electric skillet, or microwave until cheese is melted.
- **Wrap** - Spread chicken on a white or whole-wheat tortilla. Roll.



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