

Chicken Salad

Makes 2 servings | Protein • Vegetables • Dairy

Ingredients

- ¼ cup plain low-fat yogurt
- ¼ cup reduced-fat mayonnaise
- 1 Tablespoon finely chopped onion
- 2 Tablespoons finely chopped celery
- 1 Tablespoon dill pickle relish or chopped dill pickle (optional)
- 2 5-ounce cans of chicken

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine all ingredients except chicken and mix until well blended.
3. Drain chicken and flake apart with a fork.
4. Add chicken to other ingredients and mix well.
5. Serve on whole-grain bread, tortilla, lettuce leaf, or in a tomato.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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