

# Chicken Blueberry Salad

Makes 2-3 servings | **Protein** • **Vegetables** • **Fruit**

## Ingredients

- 2 ½ cups chopped lettuce
- 1 cup of cooked or canned chicken in chunks or cubes
- 1 cup fresh or frozen and thawed blueberries (or ½ cup dried blueberries)
- 2 Tablespoons nuts of choice (walnuts, pecans, cashews) (optional)
- ¼ cup dressing of choice

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If chicken is not already cooked, cook chicken then cut into small pieces.
3. Combine all ingredients in a large bowl.
4. Divide between smaller bowls and serve.



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.

1-877-219-4646 | <https://uwyocnp.org/> | [cnp-info@uwo.edu](mailto:cnp-info@uwo.edu)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.