

Any Day's Picnic Chicken Salad



Ingredients:

- 2 cups cooked, diced chicken breast
- 1 cup chopped celery
- 1 cup chopped onion
- 2 tablespoons pickle relish
- 1 cup light mayonnaise

Preparation:

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within one to two days.
Chicken salad does not freeze well.

Tips for Variation:

- Make chicken salad sandwiches.
- Make a pasta salad by mixing with 2 cups of cooked pasta.
- Kids will love this salad served in a tomato or a cucumber boat.

Yields 6 servings

Nutritional Information Per Serving:

160 calories, 17 g protein, 4 g carbohydrate (0 g fiber), 0 g fat, 50 mg cholesterol, 220 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at www.upmchealthplan.com/dscommunity.

