

CHICKEN FRUIT SALAD

Sourced from Faithful Families Thriving Communities

TOTAL PREP TIME: 10-15 MINUTES
SERVINGS: 8 | SERVING SIZE: 2/3 CUP

NUTRITION FACTS

200 calories
Total Fat: 5g
Saturated Fat: 1g
Carbohydrates: 21g
Fiber: 1g
Protein: 17g
Sodium: 200mg
Cholesterol: 46mg

INGREDIENTS

- 3 cups cooked chicken (24oz, canned works well here)
- 1 (20oz) can pineapple chunks in juice, drained
- 1 (11oz) can mandarin oranges, drained
- 3/4 cup chopped celery
- 1 cup halved seedless grapes, or another canned fruit of your choice
- 1/4 cup low-fat mayonnaise (or plain non-fat yogurt)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 cups of lettuce leaves or 8 large lettuce leaves
- Optional: 1/4 cup pecans or nut equivalent, divided

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes (or another canned fruit of your choice), and half of the pecans (optional).
3. In a separate bowl, mix low-fat mayonnaise or plain non-fat yogurt, salt and pepper.
4. Gently stir mayonnaise or yogurt mixture into chicken mixture.
5. Cover and chill in the refrigerator.
6. To serve, scoop 2/3 cup of chicken mixture into 1 cup lettuce leaves (or large lettuce leaf).
7. (Optional) Sprinkle remaining nuts on top of chicken mixture.



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NUTRITION AND RECIPE TIPS

- If cooking chicken, ensure to cook until the meat reaches an internal temperature of 165°F. Canned chicken is already cooked and a great option for this recipe.
- Add your favorite fruits and vegetables to your salad; don't feel limited to the recipe!
- Feel free to substitute canned tuna instead of canned chicken.
- Fruits and vegetables contain antioxidants that help our bodies fight illness. The more colorful your salad is, the more types of antioxidants you will eat.
- Chicken is a **lean protein**, meaning it is relatively low in fat.
- Excellent source of **vitamin C**: aids in growth, development, and repair of the body.