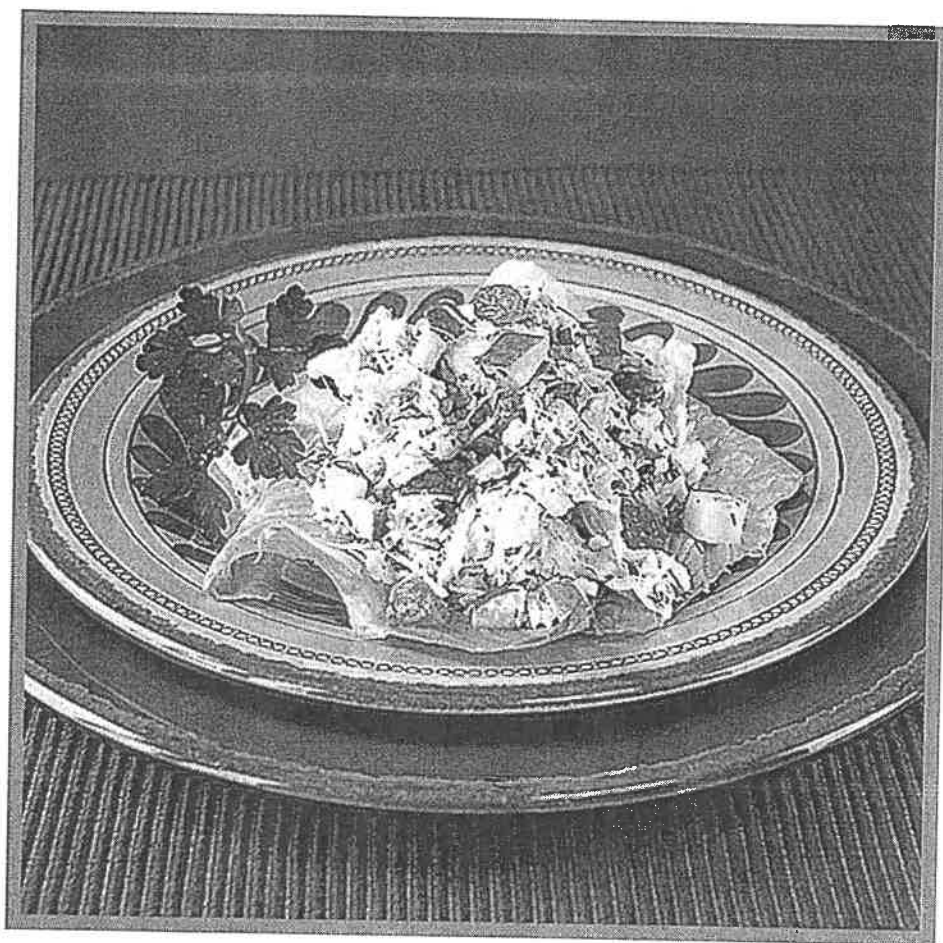


Chicken Salad

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This refreshing and light lunch is easy to make. You can pack this salad for lunch on the run. It can also be served for dinner. **The foods in bold type are USDA Foods.**



Nutrition Facts

Serving Size ½ cup (88g)

Calories	134	Total fat	3.2g	Saturated fat	1g
Cholesterol	41mg	Sodium	221mg	Carbohydrate	14g
Dietary Fiber	1g	Sugars	11g	Protein	14g
Vitamin A	1% DV	Vitamin C	2% DV	Calcium	2% DV
Iron	5% DV				

Percent Daily Values are based on a 2,000 calorie diet.

Chicken Salad

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Ingredients

- 1 can (about 12 ounces) **canned chicken**, drained
- 3 tablespoons mustard
- 2 tablespoons honey
- 1 cup **apples**, diced
- $\frac{1}{4}$ cup **raisins**
- $\frac{1}{4}$ teaspoon black pepper
- 2 tablespoons parsley or cilantro, chopped (if you have it)

Directions

1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. If using parsley or cilantro, add that too.
3. Serve on a lettuce leaf or on a slice of homemade bread.

Serves 6