

# Crunchy Chicken Salad

**Makes:** 5 servings

**Total Cost:** \$3.65

**Serving Cost:** \$0.73

## Ingredients

- 2 cups cooked chicken (chunked)
- 1/2 cup celery
- 1/4 cup green pepper
- 1/4 unit onion
- 1/2 unit cucumber
- 1/2 cup grape
- 1 unit apple (small, diced, leave the peel on)
- 1/4 cup yogurt, plain

## Directions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

## Notes

Serve on lettuce, crackers, or bread.

## Nutrition Information

for 3/4 cup prepared salad, 1/5 of recipe

## Key Nutrients Amount % Daily Value

Total Calories 125  
Total Fat 2g 3%  
Protein 18g  
Carbohydrates 8g 3%  
Dietary Fiber 1g 4%  
Saturated Fat 1g 5%  
Sodium 232 mg



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