

CHICKEN AND FRUIT SALAD

Makes 8 servings
Serving Size: 2/3 cup



Ingredients

- 3 cups cooked chicken, chopped
- 1 (20-ounce) can pineapple chunks in juice, well drained
- 1 (11-ounce) can mandarin oranges, drained
- 3/4 cup chopped celery
- 1 cup seedless grapes, halved
- 1/4 cup pecans (optional), divided
- 1/4 cup low-fat mayonnaise or yogurt
- 1/4 teaspoon pepper
- 8 large lettuce leaves

Directions

1. In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. Gently stir mayonnaise or yogurt into chicken mixture. Sprinkle with pepper.
3. Cover and chill in refrigerator.
4. To serve, scoop 2/3 cup of the chicken mixture onto 1 large leaf of lettuce.
5. (Optional) Sprinkle remaining pecans on top of chicken mixture.

Nutrition information Per Serving

170 calories
Total Fat 4 g
Saturated Fat 1 g

Protein 14 g
Total Carbohydrate 19 g
Dietary Fiber 2 g
Sodium 105 mg



Excellent Source
of Vitamin C



Good Source
of Vitamin A



Eat Smart



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