

CHICKEN SALAD

Ingredients

- 1 1/2 cups cooked chicken, diced
- 1 apple, cored and diced
- 1/3 cup celery, chopped (about 1 rib)
- 1/3 cup light ranch dressing or creamy salad dressing
- 1/8 tsp ground black pepper
- 1/4 cup pecans or walnuts, chopped (optional)

Directions

1. Combine chicken, apple, and celery in a medium bowl. Add dressing and pepper and stir to coat. Stir in pecans or walnuts, if desired.
2. Serve immediately or cover and refrigerate up to 24 hours. Serve on a lettuce leaf; spread on bread, tortillas, or a sandwich; or spoon into a halved tomato or cucumber.

*Tips:

- Use 2 cans (5 ounces each) of water packed tuna instead of cooked chicken, if desired. Drain off the liquid and flake tuna with a fork before adding. Cooked roast beef or pork can also be substituted.
- Try using 1 cup halved seedless grapes instead of an apple.
- To make a full meal salad, add 2 cups cooked pasta.

Serves 4

Source: SpendSmart EatSmart (ISU Extension)