

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
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 cups of lettuce leaves or 8 large lettuce leaves

Directions

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

Nutrition information Per Serving

200 calories		Protein	17 g
Total Fat	5 g	Total Carbohydrate	21 g
Saturated Fat	1 g	Dietary Fiber	1 g
		Sodium	200 mg



Excellent Source
of Vitamin C



Eat Smart

