

# CHICKEN SALAD REMIX

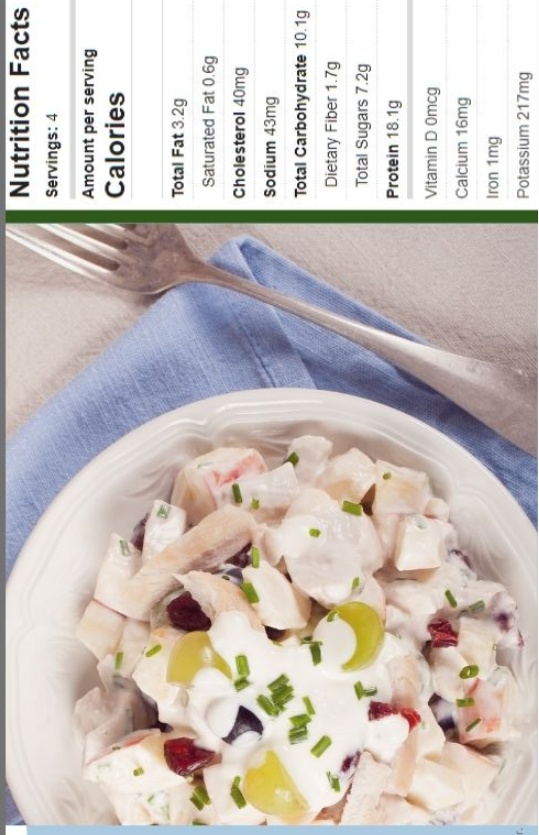
MAKES 4 SERVINGS

## INGREDIENTS

	+		+		+		+		+		+		+	
1 (12.5 OUNCE) CAN		1/3 CUP		1/2 CUP		2/3 CUP		1/3 CUP		1/4 CUP		1/2 CUP		1 TABLESPOON
DICED CHICKEN		FINELY DICED		DICED APPLE		GRAPES,		DRIED		SUNFLOWER		PLAIN GREEK		LEMON
BREAST		RED ONION				HALVED		CRANBERRIES		SEEDS		YOGURT		JUICE

## INSTRUCTIONS

1. Combine all ingredients in large bowl. Toss to combine.
2. Serve on whole grain bread or roll or with whole grain crackers or tortilla chips.
3. Enjoy and refrigerate leftovers.



Nutrition Facts	
servings: 4	
Amount per serving	% Daily Value*
<b>Calories</b>	<b>143</b>
Total Fat 3.2g	4%
Saturated Fat 0.6g	3%
Cholesterol 4.0mg	13%
Sodium 43mg	2%
<b>Total Carbohydrate</b> 10.1g	<b>4%</b>
Dietary Fiber 1.7g	
Total Sugars 7.2g	
<b>Protein</b> 18.1g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 1mg	5%
Potassium 217mg	5%