Healthy Options Recipe
Low-Fat Chicken Salad (serves 4)
Ingredients:
• 1 ½ cups diced (or shredded) cooked chicken breast
• 1 cup halved, seedless red grapes
• 1/3 cup reduced-fat mayonnaise
• ¼ cup diced celery
• ½ tsp ground pepper
• 1 Tbsp toasted slivered almonds (optional)
• ½ cup chopped apples (optional)

Directions:
Combine the chicken, grapes, celery, mayonnaise, (apples and almonds, if preferred), and pepper together in a medium bowl and mix salad well. Chill for 1 hour (or serve immediately) and top with lettuce, between 2 pieces of whole wheat bread.

This recipe is provided by SHS Wellness Programs.
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