

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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