

Chicken Salad

Makes 5 Servings, about 3/4 cup each

Ingredients

3 1/4 cup chicken, cooked, cubed, skinless
1/4 cup celery, chopped
1 tbsp. lemon juice
1/2 tsp. onion powder
1/8 tsp. salt*
3 tbsp. mayonnaise, low-fat

*Reduce sodium by removing the 1/8 tsp. of salt. New sodium content for each serving is then 127 mg.

Directions

Bake chicken, cut into cubes, and refrigerate. In a large bowl, combine the rest of the ingredients, add chilled chicken and mix well.

Healthy Cooking Tip:

Remove skin from poultry before cooking to lower fat content.

Nutrition Content Per Serving:

Calories: 183
Total Fat: 7 g
Saturated Fat: 2 g
Cholesterol: 78 mg
Sodium: 201 mg
Total Fiber: 0 g
Protein: 27 g
Carbohydrates: 1 g
Potassium: 240 mg

