

BITS and BITES

Chicken & Fruit Salad

Makes 8 Servings
Serving Size: 2/3 Cup

Ingredients

- 3 cups cooked chicken, chopped
- 1 20 oz. can pineapple chunks in 100% juice, drained
- 1 11oz. can mandarin oranges in 100% juice, drained
- ¾ cup chopped celery
- 1 cup halved seedless grapes
- ¼ cup low-fat mayonnaise
- ¼ tsp. black pepper
- 8 large lettuce leaves

Directions

1. In a large, bowl, mix gently chicken, pineapple chunks, oranges, celery, & grapes.
2. In a separate bowl, mix low-fat mayonnaise & black pepper.
3. Gently stir mayonnaise mixture into chicken mixture.
4. Cover & chill in refrigerator.
5. To serve, scoop 2/3 cup of chicken salad onto a lettuce leaf & enjoy!

Fruit is full of vitamins & is also a great source of fiber. Chicken is a great source of protein that is lower in fat than other animal sources of protein. Using a lettuce wrap instead of a bun is a great way to include more vegetables in your diet.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.
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