

# CRANBERRY CHICKEN SALAD

## INGREDIENTS

- 1 (5 ounce) **can chicken breast**
- ¼ cup chopped **celery**
- 2 tablespoons chopped **round onion**
- ¼ cup **dried cranberries**
- 2 tablespoons **light mayonnaise**
- **Black pepper** to taste

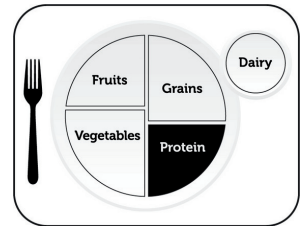
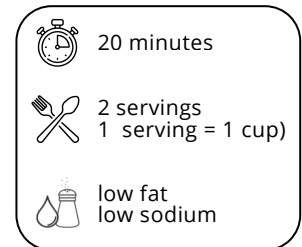
## DIRECTIONS

Always practice food safety when cooking.

- 1) Drain chicken. Set aside.
- 2) Chop celery. Set aside.
- 3) Chop onion. Set aside.
- 4) Roughly chop cranberries.
- 5) Add chicken, celery, onion, and cranberries to a large bowl.
- 6) Add mayonnaise and black pepper to the bowl.
- 7) Mix all ingredients and cover bowl.
- 8) Refrigerate until ready to serve. Best to eat within 1 to 2 days.

## NOTES

- Use as a filling for sandwiches or spread on apple wedges or whole grain crackers.
- Add to a bowl of lettuce for a main dish salad.
- Raisins or other diced dried fruits can be substituted for the cranberries. Fresh chopped apples or pears may also be used.
- Red, white, and sweet onions are good onions to serve raw as they have a mellow flavor. If you only have yellow onions on hand, soak the chopped onion in ice cold water for about 30 minutes, then drain before using.



Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 cup (124g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	4%
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 57mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.