

CHICKEN SALAD WITH GRAPES

This Chicken Salad recipe makes a delicious, quick meal using kitchen staples. The addition of grapes, celery, and nuts gives it a nice crunch while the dried cherries add a sweet-tart punch. Enjoy this spin on a classic!

Yield = 6, 1 cup servings

Ingredients

3 cups **canned chicken**

3/4 cup **celery**, chopped

3/4 cup red seedless **grapes**, halved

1/3 cup **dried cherries**, unsweetened

3/4 cup **light mayonnaise**

Salt, to taste

Black Pepper, to taste

1/3 cup **roasted pecans**, chopped (optional)

Instructions

1. Add drained, canned chicken to a large bowl. Add celery, grapes, dried cherries, mayonnaise, and pecans (optional) and stir until well combined.
2. Taste and season with salt and pepper, as desired.

Per 1 cup Serving- Calories 290, Saturated Fat 3.5g, 0 Added Sugar



Recipe featured in the December 2020 issue of
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