

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Chicken Salad

Ingredients

2 cups shredded chicken
1/2 cup mayonnaise
1/2 cup diced red onion
1/2 cup diced apple
1/2 cup grapes, halved

1/4 cup slivered almonds
1 Tbsp lemon juice
Garlic powder, to taste
Black pepper, to taste

Instructions

In a large bowl, combine ingredients. Serve with crackers, toast, sandwich bread, or alone.

Notes: You can truly get creative with chicken salad! Use an equal amount of canned chicken if you don't have fresh shredded chicken on hand. Use an equal amount of yogurt or pureed cottage cheese if you are out of mayonnaise. Onion, apples, grapes, and almonds are optional ingredients. If you have them, you can use them. If you don't, feel free to use other fruits, vegetables, and nuts like strawberries, celery, or pecans. Chicken salad is a great meal to make something out of what you have available!

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Sources: extension.colostate.edu ; food.unl.edu

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