

Fruited Chicken Salad With Crackers

Add some color to your chicken salad with this easy recipe.

Ages: 3–5 years Makes: 6 servings Prep time: 15 minutes Cook time: 0 minutes

the INGREDIENTS

2 Tbsp mayonnaise, reduced-fat

- 1/2 tsp lemon juice
- 1/4 tsp celery seed
- **⅓ tsp** onion powder

3/4 cup (3 oz) chicken breast, boneless, skinless, cooked, ¼" diced

¹/₄ **cup + 2 Tbsp** apples, Granny Smith, fresh, unpeeled, cored, ¹/₄" diced (gently wash apples under running water before cutting)

¹/₄ cup cranberries, dried (see notes)

36 crackers, thin, wheat, square, savory, about 1¼" by 1¼" each, 66 g or 3 oz of crackers total (see notes)

the DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds.
- 2. In a small bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.
- **3.** Using a rubber spatula, fold in chicken, apples, and cranberries (see notes).
- Serve 3 Tbsp chicken salad and 6 crackers. Serve immediately, or keep cold at 40 °F or lower.





the NUTRITION INFORMATION

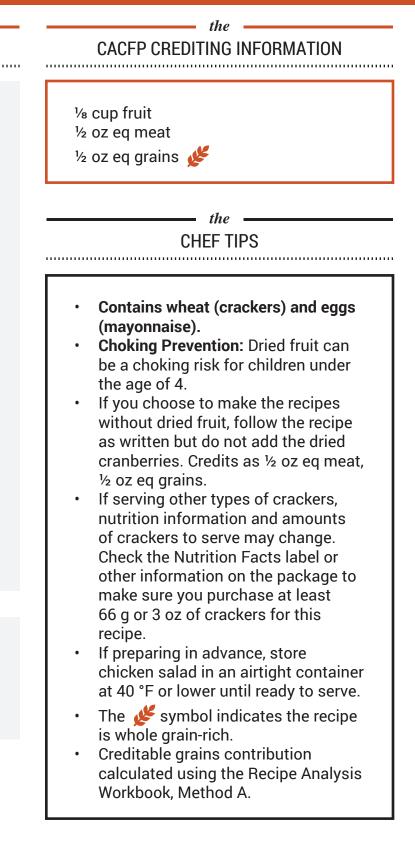
3 Tbsp fruited chicken salad and 6 crackers

Nutrients	Amount
Calories	99
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	13 mg
Sodium	126 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	4 g
Viterain D	N1/A
Vitamin D	N/A
Calcium	18 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

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