



Fruited Chicken Salad With Crackers

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

Ages: 3–5 years

Prep time: 15 minutes

Makes: 6 servings

Cook time: 0 minutes

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INGREDIENTS

- 2 Tbsp** mayonnaise, reduced-fat
- ½ tsp** lemon juice
- ¼ tsp** celery seed
- ⅛ tsp** onion powder
- ¾ cup (3 oz)** chicken breast, boneless, skinless, cooked, ¼" diced
- ¼ cup + 2 Tbsp** apples, Granny Smith, fresh, unpeeled, cored, ¼" diced (gently wash apples under running water before cutting)
- ¼ cup** cranberries, dried (see notes)
- 36** crackers, thin, wheat, square, savory, about 1 ¼" by 1 ¼" each, 66 g or 3 oz of crackers total (see notes)

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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).
- 4.** Serve 3 Tbsp chicken salad and 6 crackers. Serve immediately, or keep cold at 40 °F or lower.

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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**


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

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1/8 cup fruit
1/2 oz eq meat
1/2 oz eq grains 

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CHEF TIPS

- **Contains wheat (crackers) and eggs (mayonnaise).**
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4.
- If you choose to make the recipes without dried fruit, follow the recipe as written but do not add the dried cranberries. Credits as 1/2 oz eq meat, 1/2 oz eq grains.
- If serving other types of crackers, nutrition information and amounts of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 66 g or 3 oz of crackers for this recipe.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to serve.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.