



## Fruited Chicken Salad With Crackers

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

**Ages:** 6–18 years

**Prep time:** 15 minutes

**Makes:** 6 servings

**Cook time:** 0 minutes

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### INGREDIENTS

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**¼ cup** mayonnaise, reduced-fat

**1 tsp** lemon juice

**½ tsp** celery seed

**¼ tsp** onion powder

**1 ½ cups (6 oz)** chicken breast, boneless, skinless, cooked, ¼" diced

**¾ cup** apples, Granny Smith, fresh, unpeeled, cored, ¼" diced (gently wash apples under running water before cutting)

**⅓ cup + 1 Tbsp** cranberries, dried

**72** crackers, thin, wheat, square, savory, about 1 ¼" by 1 ¼" each, 132 g or 6 oz of crackers total

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### DIRECTIONS

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1. Wash hands with soap and water for at least 20 seconds.
2. In a medium 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 ⅓ cup chicken salad and 12 crackers. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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1/3 cup fruited chicken salad and  
 12 crackers

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>196</b>

<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	25 mg
<b>Sodium</b>	<b>251 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	3 g
Total Sugars	10 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>

Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy  
 Recipe Project


**[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)**

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## CACFP CREDITING INFORMATION

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1/4 cup fruit  
 1 oz eq meat  
 1 oz eq grains 

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## CHEF TIPS

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- **Contains wheat (crackers) and eggs (mayonnaise).**
- 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 132 g or 6 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.