



Fruited Chicken Salad With Crackers

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

AGES: 3–5 years


PREP TIME: 1 hour

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

⅛ cup fruit

½ oz eq meat

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Mayonnaise, reduced-fat	4 oz	½ cup	8 oz	1 cup	<ol style="list-style-type: none"> 2 In a large bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.
Lemon juice		2 tsp		1 Tbsp + 1 tsp	
Celery seed		1 tsp		2 tsp	
Onion powder		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless, cooked, ¼" diced	12½ oz	3 cups + 2 Tbsp	1 lb 9 oz	1 qt + 2¼ cups	3 Using a rubber spatula, fold in chicken, apples, and cranberries (see notes).
Apples, Granny Smith, fresh, unpeeled, cored, ¼" diced* (gently wash apples under running water before cutting)	6¼ oz	1½ cups + 1 Tbsp	12½ oz	3 cups + 2 Tbsp	
Cranberries, dried	4 oz	¾ cup + 1 Tbsp	8 oz	1⅓ cups	
Crackers, thin, wheat, square, savory, about 1¼" by 1¼" (see notes)	10 oz (at least 275 g)	150	20 oz (at least 550 g)	300	
					4 Serve 2 Tbsp 2 tsp (#24 scoop) chicken salad and 6 crackers. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide



NUTRITION INFORMATION

2 Tbsp + 2 tsp fruited chicken salad and 6 crackers


NUTRIENTS	AMOUNT
Calories	99
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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
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Vitamin D	N/A
Calcium	18 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Apples, fresh	7 oz	14 oz

NOTES

- **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 recipe without dried fruit, follow the recipe as written but do not add the dried cranberries. Credits as ½ oz eq meat, ½ 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 10 oz (275 g) of crackers for 25 servings and 20 oz (550 g) of crackers for 50 servings 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.

WEIGHT/YIELDS

25 Servings	50 Servings
2 lb 8¾ oz	5 lb 1¾ oz
1 qt chicken salad, 150 crackers	2 qt chicken salad, 300 crackers

