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

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Mayonnaise, reduced-fat</td>
<td>4 oz</td>
<td>½ cup</td>
<td>8 oz</td>
</tr>
<tr>
<td>Lemon juice</td>
<td></td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery seed</td>
<td>1 tsp</td>
<td></td>
<td>2 tsp</td>
</tr>
<tr>
<td>Onion powder</td>
<td>½ tsp</td>
<td></td>
<td>1 tsp</td>
</tr>
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</table>

1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.
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<tr>
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<td>Weight</td>
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</tr>
<tr>
<td>Chicken breast, boneless, skinless, cooked, ¼” diced</td>
<td>12½ oz</td>
<td>3 cups + 2 Tbsp</td>
<td>1 lb 9 oz</td>
</tr>
<tr>
<td>Apples, Granny Smith, fresh, unpeeled, cored, ¼” diced* (gently wash apples under running water before cutting)</td>
<td>6¼ oz</td>
<td>1 ½ cups + 1 Tbsp</td>
<td>12½ oz</td>
</tr>
<tr>
<td>Cranberries, dried</td>
<td>4 oz</td>
<td>¾ cup + 1 Tbsp</td>
<td>8 oz</td>
</tr>
<tr>
<td>Crackers, thin, wheat, square, savory, about 1¼” by 1¼” (see notes)</td>
<td>10 oz</td>
<td>150</td>
<td>20 oz</td>
</tr>
</tbody>
</table>

*See Marketing Guide
NUTRITION INFORMATION
2 Tbsp + 2 tsp 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

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

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<th>Food as Purchased for</th>
<th>25 Servings</th>
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</tr>
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<tbody>
<tr>
<td>Apples, fresh</td>
<td>7 oz</td>
<td>14 oz</td>
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*MARKETING GUIDE

Food as Purchased for 25 Servings 50 Servings

Apples, fresh 7 oz 14 oz