

# Chicken Salad

This classic chicken salad features tender diced chicken, fresh celery and onions, and a low-fat creamy dressing.

## CACFP Crediting Information:

½ cup No. 8 scoop provides ¼ cup vegetable (¼ cup other vegetable), 2 oz eq meat/meat alternate.



**Preparation Time: 20 minutes**  
**Makes: 6 servings**

## Ingredients

- 12 oz chicken, diced, cooked, frozen, thawed
- 1 ¼ cup or 4 oz onion, white, fresh, small dice
- 1 cup or 4 oz celery, fresh, small dice
- ½ cup mayonnaise, low-fat
- 1 Tbsp parsley, dry
- 2 tsp lemon juice
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp mustard, dry
- ¼ tsp salt

## NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

### NUTRIENTS

### AMOUNT

<b>Calories</b>	<b>171</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
<b>Cholesterol</b>	<b>55 g</b>
<b>Sodium</b>	<b>183 mg</b>
<b>Total Carbohydrate</b>	<b>9 g</b>
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars	N/A
<b>Protein</b>	<b>17 g</b>
Vitamin A	112 IU
Vitamin C	4 mg
Calcium	28 mg
Iron	1 mg

N/A=no information available

## Directions

- 1 In a medium mixing bowl, combine the diced chicken, onion, celery, mayonnaise, dry parsley, lemon juice, garlic powder, onion powder, dry mustard, and salt. Stir until well combined.  
**Critical Control Point:**  
Cool to 40 °F or below within 4 hours.
- 2 Serve ½ cup portions using a No. 8 scoop.  
**Critical Control Point:**  
Hold for cold service at 40 °F or below.

## NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

### Source:

USDA Standardization Recipe Project - 2024