



Healthy Recipes

Chicken Salad

YIELDS
3 servings

TOTAL TIME
10 min.

Ingredients

1 (12.5 oz) can of chicken

1/3 cup mayonnaise

1/4 cup grated Parmesan cheese

3/4 teaspoon pepper

Optional mix-ins if available

Sliced grapes

Dried cranberries

Toasted pecans

Pepitas

Chopped celery and/or onions

Whole grain mustard
(just a tablespoon or so)

Green onion

Chopped pickles

Diced green apple

Directions

Open your chicken and drain it.

Place chicken into bowl with mayonnaise, Parmesan, and pepper. Add in your optional mix-ins.

Stir together with fork.

Serve in a wrap, on whole grain sandwich bread, with crackers, or over salad greens.

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