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Chicken and Fruit Salad

Source: *Cooking with Extension Cookbook* | **Yield:** 8 ($\frac{1}{2}$ cup) servings; 170 Calories per serving.
 Total fat 4g; Protein 14g; Total carbohydrate 19g; Dietary fat 2g, Sodium 105mg | *Excellent source of vitamin C. Good source of vitamin A*

INGREDIENTS:

- 3 cups cooked chicken, chopped
- 1 (20 ounce) can pineapple chunks in juice, well drained
- $\frac{3}{4}$ cup chopped celery
- 1 cup halved seedless grapes
- $\frac{1}{4}$ cup pecans (optional), divided
- $\frac{1}{4}$ cup low-fat mayonnaise
- $\frac{1}{4}$ teaspoon pepper
- 8 cups lettuce leaves or 8 large lettuce leaves

DIRECTIONS:

1. In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. In a separate small bowl, mix low-fat mayonnaise and pepper.
3. Gently stir mayonnaise mixture into chicken mixture.
4. Cover and chill in refrigerator.
5. To serve, scoop $\frac{1}{2}$ cup of chicken mixture into 1 cup of lettuce leaves or 1 large leaf.
6. Sprinkle remaining pecans on top of chicken mixture (optional).