

Chicken Salad

Make sandwiches with chicken or egg salad rather than deli meats to cut down on salt.

Ingredients:

¼ cup	light mayo
¼ cup	plain low-fat yogurt
¼ tsp	ground black pepper
3 cups	cooked chicken breast, diced in ½ inch pieces
4 ribs	celery, finely diced
4–6	green onions, finely chopped
	salt to taste

Directions:

1. Combine mayo, yogurt, pepper in a medium bowl; add chicken, celery, and green onion.
2. Mix well. Taste. Add a pinch of salt as needed.
3. Store covered and in refrigerator for 2 days.

Variations:

Add any or all:

- 1 diced apple or 1 cup of grapes halved
- 1 cup toasted pecans or cashews
- Dried fruit, such as raisins, mango, cranberries



**Grundy County
Memorial Hospital**
UnityPoint Health

