

Any Days a Picnic Chicken Salad

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 1/2 cups chicken breast (cooked, diced)
1/2 cup celery (chopped)
1/4 cup onion (chopped)
3 packages pickle relish (2/3 tablespoon)
1/2 cup mayonnaise (light)

Directions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat.

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	8 g	12%
Protein	17 g	
Carbohydrates	4 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	1.5 g	8%
Sodium	220 mg	9%