

Chicken Salad

5 SERVINGS, ABOUT 3/4 CUP EACH



Ingredients:

3-1/4 cup chicken, cooked, cubed,
skinless

1/4 cup celery, chopped

1 Tbsp. lemon juice

1/2 tsp. onion powder

3 Tbsp. low-fat mayonnaise

Directions:

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl, combine all ingredients with chilled chicken and mix well.

Per Serving: 183 Calories; 7 grams Total fat; 2 grams Saturated fat; 127 mg Sodium
3/4 cup = 2 protein ounces