

Chicken Salad

3 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 1 pound cooked chicken, skin removed and cut into cubes
- ½ red bell pepper, finely chopped
- 1 stalk celery, finely chopped
- ¼ red onion, finely chopped
- 1 teaspoon Dijon mustard
- 1 Tablespoon mayonnaise
- 1 Tablespoon extra virgin olive oil
- ¼ cup fresh parsley, chopped
- Optional: lime juice

DIRECTIONS

1. Add all ingredients to a bowl and mix well.
2. Refrigerate until serving.

Nutrition Facts

3 servings per container	
Serving size	1 cup
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 160mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 710mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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