

Picnic Chicken Salad

Onion and sweet pickle relish spice up a traditional chicken salad.

Makes: 6 Servings
Prep Time: 10 minutes

Source: [myplate.gov/ recipes- any days picnic chicken salad](http://myplate.gov/recipes-any-days-picnic-chicken-salad)

Ingredients

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

Directions

1. Combine all ingredients in a bowl. Mix well.
2. Refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours. Use within 1-2 days.

Utensils Needed

- Mixing bowl
- Measuring cups
- Spoon
- Measuring spoons



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/6 of the recipe

Nutrients	Amount
Calories:	150
Total Fat:	7g
Saturated Fat:	1g
Cholesterol:	58 mg
Sodium:	497 mg
Total Carbohydrates:	5 g
Dietary Fiber:	0 g
Total Sugars:	3 g
Added Sugars:	2 g
Protein	17 g
Vitamins	% Daily Values
Vitamin A	11mcg
Calcium	10 mg
Iron	0 mg
Vitamin C	1 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$10.93

Average cost/serving: \$1.82

Recipe Makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Mayonnaise, 30 fl oz



Add 1 to Cart
Fresh Boneless Skinless Chicken
Breast (1.6-2.4 lbs)



Add 1 to Cart
Sweet Relish, 10 oz



Add 1 to Cart
Celery Stalk



Add 1 to Cart
Yellow Onion

SAVE TIME, SAVE MONEY

Preparation Tips

- Make healthier sandwiches by choosing a whole grain bread.
- Kids will love this salad served in a tomato or a cucumber boat, or serve on a bed of lettuce.
- Make a pasta salad by mixing with 2 cups cooked whole grain pasta.
- Omit the pickle relish; instead chop an apple. Put in one teaspoon of lemon juice, too.
- Chicken salad does not freeze well.

My Cooking Notes