

APPLE PECAN CHICKEN SALAD



	Ingredients	Exchanges
Protein	24 gm dark meat chicken, cooked, shredded	3
	6.3 gm oil roasted pecans, chopped	0.7 (-4.2 gm fat)
Fat	25.8 gm mayonnaise	6 (-4.2 gm)
Carbohydrate	7.1 gm apple, fresh with skin, chopped	1
	8.2 gm celery raw, sliced thin	0.3
Other	salt, pepper, dry mustard	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Weigh the ingredients using a gram scale.
- In a small bowl, mix all of the ingredients together.
- Season to taste with salt, pepper, and dry mustard.
- Serve cold or store in the refrigerator for future use.

VARIATIONS

- Pecans may be omitted or substituted with other nuts such as almonds.
- Apple and celery may be omitted or substituted with other carbohydrates such as grapes or raisins.
- Other proteins such as turkey or tuna may be substituted for chicken.
- Adjust any ingredient in this recipe according to your child's specific meal plan.