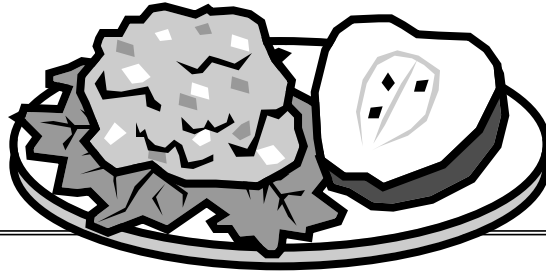


Super Simple Chicken Salad



Plan a meal using Chicken Salad.
Here is one you may want to serve your family.
It has foods from each of the food groups.



| Food | Food Group | Nutrient | Use in Body |
|-----------------|------------------|------------------------------|---|
| chicken salad | meat | protein | builds and repairs muscles and tissues. |
| sliced tomatoes | vegetable | Vitamin A | is good for vision and clear skin. |
| orange slices | fruit | ascorbic acid (Vitamin C) | aids tooth and bone formation, makes strong blood vessels. |
| oatmeal cookies | bread and cereal | carbohydrates | gives energy. |
| milk, skim | milk | calcium | helps build bones and teeth. |



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Super Simple Chicken Salad

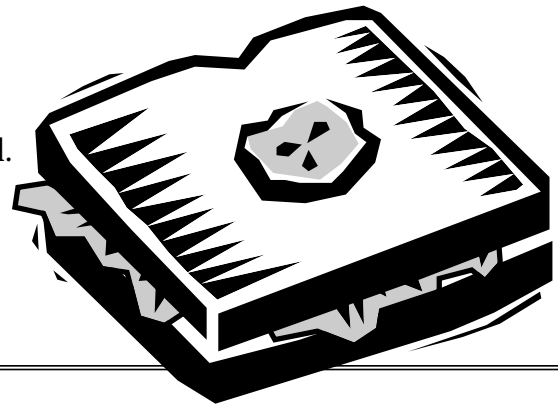
This will make enough for 6 people.

You will need:

2 cups canned or cooked chicken
(you can use turkey)
½ cup pickles, cut in small pieces
2 hard cooked eggs
2 apples, if you want them
½ cup mayonnaise

To make Chicken Salad:

1. Cut 2 cups of canned or cooked chicken in small pieces. Put it in a bowl.
2. Add ½ cup pickles, cut in small pieces.
3. Add 2 hard cooked eggs, cut in small pieces. Stir well.
4. Add 2 apples, if you want them. Wash apples. Cut in small pieces.
Add apples to the chicken. Stir well.
5. Add ½ cup mayonnaise. Mix it well.
6. Put salad in the refrigerator. Let it get cold.
Eat it plain with vegetables.
Or use it to make sandwiches.
Or serve it with your meal.



Revised by Evelyn F. Crayton, *Extension Foods And Nutrition Specialist*, Associate Professor, Nutrition And Food Science, Auburn University. Originally prepared by Evelyn Crayton and Virginia C. White, former *Head—Extension Food and Nutrition*.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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