

MARCH: Green Apple Chicken Salad •

Servings: 6 PREP TIME: 25 MINS TOTAL TIME: 25 MINS



Ingredients:

- 1/3 cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 2 cooked boneless/ skinless chicken breasts, diced (a generous 2 cups)
- 2 small celery stalks, cut into small dice
- 1/2 red onion, cut into very small dice
- 1/2 green apple, cored and cut into medium dice
- 1/3 cup currants (raisins may be substituted)
- Salt and pepper, if desired

Directions:

In a large bowl, whisk together the mayonnaise, cider vinegar and Dijon mustard to form the dressing.
 Add to the bowl: chicken, celery, onion, apples and currants.
 Toss everything together, taste and adjust the seasoning if desired.
 Chill before serving.
 This makes about 1 quart chicken salad.

SERVING SIZE: 1/2 CALORIES: 188 FAT: 11 G SATURATED FAT: 1 G TRANS FAT: 0
 CARBOHYDRATES: 10 G SUGAR: 7 G SODIUM: 163 MG FIBER: 1 G PROTEIN: 12 G
 CHOLESTEROL: 39 MG

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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?
 (circle one) YES NO
2. Did your family enjoy preparing this month's featured recipe?
 YES NO
3. Is this the first time your family members have tried this vegetable / fruit?
 YES NO
4. Did your family members learn new facts or information about this month's fruit or vegetable?
 YES NO
5. Did your family like this month's featured item?
 YES NO