

Eat Smart • Move More

Fruity Fun Chicken Salad Cups

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 10 ounces canned chicken in water, drained
- ½ cup spinach, chopped
- ½ cup strawberries, diced
- 2 ½ green onions, thinly sliced
- ¼ cup light sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dried oregano
- ¼ teaspoon ground black pepper
- 12 lettuce leaves

Nutrition Facts

6 servings per container		
Serving size		1 serving
		(406.02g)
Amount per serving		120
Calories		
		% Daily Value*
Total Fat	4g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	180mg	8%
Total Carbohydrate	10g	4%
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes g Added Sugars		
Protein	16g	
Vitamin D	0mcg	0%
Calcium	150mg	10%
Iron	5mg	30%
Potassium	930mg	20%

*The % Daily Value (DV) 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.

Quick Tips

- ▶ Consider adding blueberries, diced peaches, or halved grapes for a fruitier chicken salad.
- ▶ Instead of serving in lettuce leaves, serve over your favorite leafy greens.
- ▶ Replace ground oregano with dried dill weed for a slighter different flavor.

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Directions

- In a mixing bowl, combine chicken, spinach, strawberries, and green onions.
- In a separate bowl, mix sour cream, mustard, oregano, and black pepper together to make the dressing.
- Gently fold the dressing into the chicken mixture.
- Serve equal amounts of chicken salad over lettuce leaves.

(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net.>)

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