

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

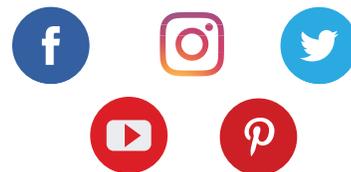
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|---------------------------|-------|-----------------------|
| 6 servings per container | | |
| Serving size | | 1 serving |
| | | (406.02g) |
| Amount per serving | | 120 |
| Calories | | |
| | | % Daily Value* |
| Total Fat | 4g | 5% |
| Saturated 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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