

Cool 'n' Crunchy Chicken Salad

Makes 6 portions, serving size 1/2 cup

Ingredients

2 cups chicken, cooked	1/4 cup reduced-fat mayonnaise	1 large
hardboiled egg	1 tsp fresh lemon juice	
2 tbsp onion	1/2 tsp sugar	
1/4 cup celery	1/4 tsp black pepper	

Preparation

1. Dice or shred chicken. Chop egg, onion and celery.
2. Place all ingredients in a large bowl and stir together.
3. Cover and chill overnight or at least 2 hours before serving.

Tip: Eat the mixture on a sandwich or make it a wrap using a tortilla! Easy picnic meal idea for summer!

Nutrition Information:

Calories 127, Protein 16g, Carbohydrates 2g, Fat 6g, Cholesterol 75mg, Sodium 95mg, Potassium 136mg, Phosphorus 122mg, Calcium 14mg, Fibre 0.2g

Recipe adapted from Davita.com