

Juanita's Chicken Salad

From the kitchen of Juanita Silva, San Antonio

Preparation time: 30 minutes

Number of servings: 6

Ingredients:

4 chicken pieces, remove skin and bones

4 ounces pimentos (small jar)

¼ cup fresh mushrooms

1 stalk celery, chopped

1 hard boil egg, sliced

¼ cup onion

½ green pepper, chopped

¼ cup nonfat mayonnaise

Salt and pepper to taste (optional)

Preparation:

1. Boil chicken until cooked. Set aside to cool. Cut small when cooled.
2. Combine pimentos, mushrooms, celery, egg, onion, green pepper, and chicken.
3. Add mayonnaise and mix well. Season with salt and pepper to taste.

Nutrition information per serving:

FAT: 23% of calories from fat (little high)

FIBER: less than 1 gram (low)

CALORIES: 30



TIP

*To reduce the fat, remove the skin from the chicken.
Chicken breast has less fat than the thigh or drumstick.*