

## Chicken Salad

3 cups cooked chicken, chopped  
1 1/4 cup chopped celery  
1/2 cup chopped onions  
1/2 cup sweet pickle relish  
1/2 tsp. pepper  
1 1/8 tsp. dry mustard  
1/2 cup low-fat mayonnaise  
1/3 cup plain Greek yogurt



Combine chicken, celery, onions, pickle relish, pepper and dry mustard. Add mayonnaise and yogurt. Mix lightly until well blended. Cover. Refrigerate until ready to serve. Serve on salad greens or in sandwiches.

**Yield:** 10 servings

**Serving Size:** Each serving provides a meat at lunch/supper for children 3-5 years.

Adapted from: Child Care Recipes: Food for Health and Fun, from USDA's Child and Adult Care Food Program, US Department of Agriculture, Food and Nutrition Services, FNS-304, 1999.