Chicken and Pear Salad

Adapted from *FoodHero.org*

THE KITCHEN 2ⁿᵈ HARVEST

Ingredients

- 2 Cups diced pears (fresh or canned)
- 1/4 Cup chopped celery
- 1/4 cup raisins
- 1 cup cooked and diced chicken
- 1/2 cup onion , chopped
- 2 Tablespoons low-fat plain yogurt

- 2 Tablespoons mayonnaise
- 1/8 Teaspoon of both salt & pepper, to taste
- 1 Tablespoon lemon juice

Directions

Yield: 2 1/2   **Serving size: 1/2 Cup**   **Total cost:** $6.99   **Serving cost:** $ 1.40

1. In a large bowl, combine all ingredients. Mix well. Serve now or chill for later.
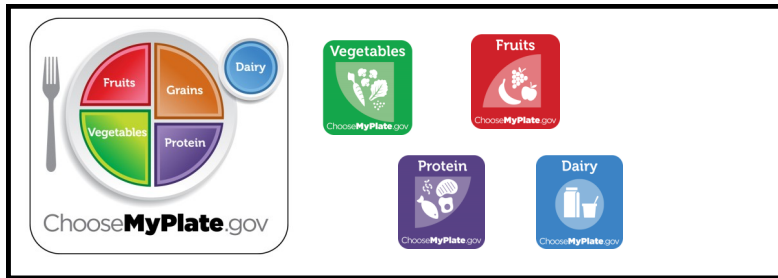2. Refrigerate leftovers within 2 hours.

Visit **secondharvestkitchen.org** to find more recipes, free classes, and ways to get involved!

Fast Facts

Featured Food Groups

Vegetables — ChooseMyPlate.gov
Fruits — ChooseMyPlate.gov
Protein — ChooseMyPlate.gov
Dairy — ChooseMyPlate.gov
ChooseMyPlate.gov
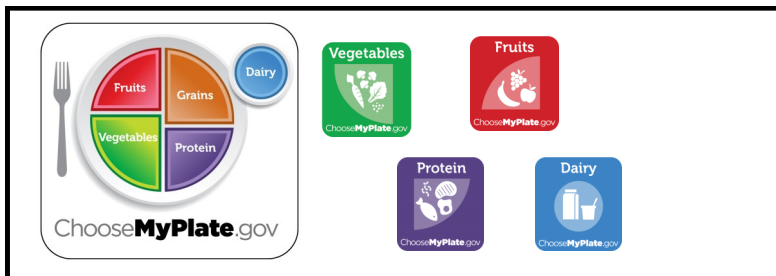
Cooking Tips

- Canned chicken works great or use Tuna instead!

- No pears? Replace with apples.

- Add any other seasoning and ingredients you like

- Make it into a sandwich or wrap!

Second Harvest is an equal opportunity provider.

Nutrition Facts

Serving Size about 1/2 cup (137g)
Servings Per Container 5

Amount Per Serving

Calories 130   Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 135mg	**6%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**12%**
Sugars 13g	
Protein 10g	

Vitamin A 2%   •   Vitamin C 10%
Calcium 4%   •   Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4