



# Chicken and Pear Salad



Adapted from *Food Hero*

## Ingredients



- 2 Cups diced pears (fresh or canned)
- 1/4 Cup chopped celery
- 1/4 cup raisins
- 1 cup cooked and diced chicken
- 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:    Serving cost:

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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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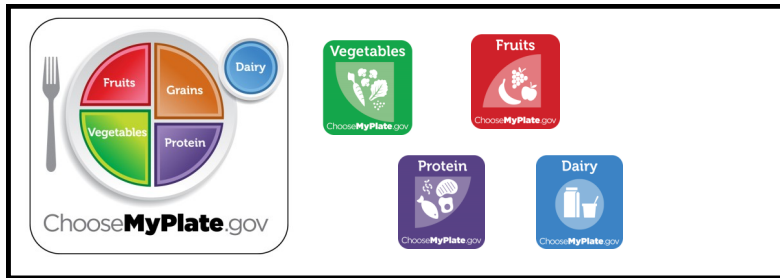
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# Fast Facts



## Featured Food Groups



## 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.

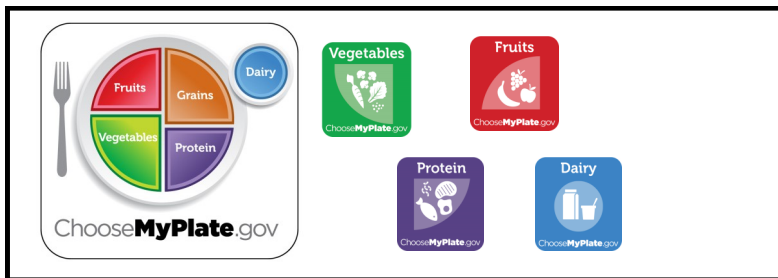
Nutrition Facts	
Serving Size about 1/2 cup (137g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 13g	
<b>Protein</b> 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	



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