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Healthy Chicken Salad

Ingredients:

3 (9.75 oz.) cans chicken, drained OR 3 cups cooked chicken
4 green onions, chopped
3 stalks celery, diced
1 medium carrot, shredded
1 ½ kosher dill pickles, diced
6 Tablespoons light sour cream
1 Tablespoon mustard
½ teaspoon garlic powder
½ teaspoon dried thyme
Black Pepper to taste

Preparation:

In a large mixing bowl, combine all ingredients.
Serve on whole grain crackers, whole wheat bread or whole wheat tortilla.
Makes about 10 ½-cup servings.

Nutrition information per ½-cup serving:

155 Calories; 7g Total Fat; 2 g Saturated Fat; 3g Total Carbohydrate, 1g Fiber,
19g Protein, 54mg Cholesterol, 577mg Sodium

Jill West, RDN, is an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals. For more information, visit www.400MOMS.com or call 925-788-2937.

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