SPEARE Memorial Hospital
A Critical Access Hospital

Healthy Recipe for the Holiday Season

Chicken Salad with Veggies Slices

This old fashion recipe is easy to make and can be used for many occasions!

Ingredients:

1. **2 cups of cooked chicken breast**
2. **½ cup of mayonnaise**
3. **1-2 large cucumbers**
4. **2-3 red or yellow or orange bell peppers**

Chop chicken into small pieces (less than 1/4"). Mix chopped chicken with the mayonnaise and refrigerate. Wash cucumbers and peppers. Cut into wedges or small squares. Place ½ Tablespoon of chicken salad on the wedges. Once you are out of cut vegetables, place the remainder of the chicken salad in a bowl or in the bottom half a pepper with small fork on the tray. You can cut other vegetables and have your guests assemble their own creation. Enjoy!

Nutrition Facts: Chicken Salad
Serving Size: *2 oz*
Calories: *75 calories,* ***Carbohydrates:*** *0 grams,* ***Total Fat:*** *11 grams,* ***Protein:*** *11 grams,* ***Sodium:*** *116 mg.*

Options:

1. **Reduce Calories and Fat:** Use low-fat mayonnaise
   Nutrition Facts (Serving size: *2 oz****): Calories:*** *45 calories,* ***Carbohydrates:*** *2 grams,* ***Total Fat:*** *4 grams,* ***Protein:*** *11 grams,* ***Sodium:*** *116 mg.*
2. **Less Fat and More Protein:** Use half mayonnaise and half low-fat or non-fat Greek yogurt.
3. **Add Sweetness and Texture:** Add chopped apple and walnuts or dried cranberries.
4. **More Crunch:** Add chopped onions and celery and/or walnuts.

Janette Gaumer & Ryanne Haskell
Registered & Licensed Dietitians, RD/LD
Speare Memorial Hospital, Plymouth, NH 03264
Office: 603-238-2244 / Fax: 603-238-6413