

CHEF & CHILD FOUNDATION RECIPE COLLECTION

FINGER-LICKIN' CHICKEN SALAD

Steps to a Healthier Florida
Pinnellas County School Board –
Teen Cuisine Program

SERVINGS
PER RECIPE: 2



Ingredients:

- 1/2 cup diced, roasted skinless chicken breast
- 1/2 rib celery, cut into 1-inch pieces
- 1/4 cup drained mandarin orange segments
- 1/4 cup red seedless grapes
- 2 tablespoons fat-free, sugar-free lemon yogurt
- 1 tablespoon reduced-fat mayonnaise
- 1/4 teaspoon reduced-sodium soy sauce
- 1/8 teaspoon pumpkin pie spice or cinnamon

Directions:

1. Toss together chicken, celery, oranges and grapes in plastic container; cover.
2. For dipping sauce, combine yogurt, mayonnaise, soy sauce and pumpkin pie spice in a bowl.
3. Place in small plastic container; cover.
4. To serve, dip the chicken mixture into dipping sauce.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

| Nutrition Facts | | Amount/serving | %DV* | Amount/serving | %DV* |
|---|--|-----------------------|-----------|----------------------|-----------|
| Serving Size (100g) | | Total Fat 1.5g | 2% | Total Carb 9g | 3% |
| Servings Per Container | | Sat. Fat 0g | 0% | Fiber 1g | 4% |
| Calories 70 | | Trans Fat 0g | | Sugars 6g | |
| Fat Cal. 15 | | Cholest. 10mg | 3% | Protein 6g | |
| | | Sodium 210mg | 9% | | |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. | | | | | |
| Vitamin A 6% • Vitamin C 20% • Calcium 4% • Iron 2% | | | | | |



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