


# AnyDay Picnic Salad

 MENU IDEA: AnyDay Picnic Salad (Rolled In A Whole Wheat Tortilla), Chocolate Pudding, Nonfat Milk

## Ingredients:

- 1½ cups diced cooked chicken
- 1 apple, cored and diced
- ½ cup chopped celery (about 1 stalk)
- ½ cup light ranch dressing or creamy salad dressing
- ½ teaspoon pepper
- ¼ cup chopped pecans or walnuts (optional)
- Optional: Use 1 cup halved seedless grapes instead of an apple

## Directions:

1. In a medium bowl combine chicken, apple, and celery. Add dressing and pepper and stir to coat. Stir in pecans or walnuts, if desired.
2. Serve immediately or cover and refrigerate up to 24 hours. Serve on a lettuce leaf, spread on bread or tortillas for a sandwich, or spoon into a halved tomato or cucumber.

### Cooking Tips

- If desired, use two 6-ounce cans of water-packed tuna instead of cooked chicken. Drain off the liquid and flake tuna with a fork before adding. Cooked roast beef or pork also can be substituted.
- To make a full-meal salad, add 2 cups cooked pasta.

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