

CHICKEN AND GREEN BEAN SALAD

INGREDIENTS

SALAD:

- 2 cups shredded chicken breast, cooked without salt, all visible fat discarded OR 20 ounces canned no-salt-added chicken breast, drained and flaked
- 2 14.5-ounce cans no-salt-added green beans, rinsed and drained
- 3 celery ribs, chopped
- 3 Tbsp chopped unsalted almonds, walnuts or pecans

DRESSING:

- 2 Tbsp extra-virgin olive, corn or canola oil
- 2 Tbsp lemon juice or vinegar
- 1 Tbsp Dijon mustard or spicy brown mustard OR 1 tsp ground mustard whisked with 2 tsp water
- 1/4 tsp dried thyme
- 1/4 tsp pepper (freshly ground preferred)



Recipe courtesy of the American Heart Association

Serves: 4

Nutrition Information:

Calories:

251; Total fat:

13.5g; Sat fat:

2g; Sodium:

360mg; Total

carb: 11g;

Dietary fiber:

5g; Protein:

23g.

DIRECTIONS

1. Put salad ingredients in a large bowl.
2. For the dressing, add mustard, olive oil, lemon juice, thyme and pepper to a small bowl.
3. Use a fork or whisk to combine.
4. Pour dressing over the salad, tossing to coat.