

Chicken Salad

Heart Healthy Recipe of the Month

Use this recipe from the DASH eating plan to help lower your blood pressure!

Source: Your Guide to Lowering your Blood Pressure with DASH, *National Heart, Lung, and Blood Institute*

Number of Servings: 5

Serving Size: 3/4 cup

Ingredients:

3 1/3 C boneless, skinless chicken breast, cooked and cubed
1/4 C celery, chopped
1 Tbsp. lemon juice
1/2 tsp. onion powder

Directions

1. Bake chicken, cut into cubes and refrigerate.
2. In a large bowl, combine the rest of the ingredients, and mix well before serving

Nutrition Content:

Calories: 176
Total fat: 6g
Saturated fat: 2g
Cholesterol: 77 mg
Sodium: 120 mg
Total fiber: 0g
Protein: 27 g
Carbohydrates: 2g