



Chicken Salad (Soft)

This simple version of chicken salad is ideal for patients requiring a soft textured diet and can be made from leftover roasted chicken thighs that are finely chopped in a food processor.

<u>U.S.</u>		<u>Metric</u>
2 each	Roasted chicken thighs (see Pan Roasted Chicken & Vegetables recipe)	2 each
1 tsp	Mayonnaise, light	5 g
1 1/2 tsp	Yogurt, plain	8 g
1/4 tsp	Garlic powder	0.75 g
1/4 tsp	Onion powder	0.75 g
1/4 tsp	Dill, dried	0.25 g
1/4 tsp	Kosher salt	1.5 g
To taste	Black pepper	To taste
2 each	Wasa crispbread	2 each

Preparation:

1. Gather all ingredients and equipment.
2. Remove skin, excess fat, and bones from chicken thighs and shred meat by hand into chunks.
3. In a food processor and pulse chicken several times to finely chop.
4. Combine chopped chicken, mayonnaise, yogurt, garlic powder, onion powder, dill, salt, and pepper in a small bowl.
5. Top each Wasa cracker with half of the chicken salad and serve immediately.

Nutrition Facts

2 Servings

Serving size **1 cracker and about 1/4 chicken salad**

Amount per serving

Calories **330**

Calories from Fat 180

Total Fat 20 g

 Saturated Fat 5 g

 Trans Fat 0 g

 Monounsaturated Fat 9 g

Cholesterol 160 mg

Sodium 520 mg

Total Carbohydrate 8 g

 Dietary Fiber 2 g

 Total Sugars 0 g

 Includes 0 g Added Sugars

Protein 28 g

Vitamin D 2 %

Calcium 2 %

Iron 10 %

Potassium 328 mg

Phosphorus 243 mg
