

# CHICKEN SALAD



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2½ oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Chicken, Diced, Cooked, IQF, #1019	6 pounds + 12 ounces
Eggs, Whole, Hard Cooked, Medium, #1323	17 eggs
Celery, Fresh, Diced, #4005	1 quart + 1 cup
Pickles, Relish, Sweet, #2816	2 cups
Pepper, Black, Ground, #2718	2 teaspoons
Mustard, Powder, Dry, #2712	1 tablespoon + 2 teaspoons
Mayonnaise, Reduced Calorie, Bulk, #2249	3 cups

**DIRECTIONS**

1. Thaw the diced chicken in the refrigerator, then drain it thoroughly.
2. Chop the hard-cooked eggs.
3. Combine the chicken, eggs, celery, pickle relish, pepper, dry mustard, and mayonnaise. Mix the ingredients lightly, until they are well blended. Cover and refrigerate the chicken salad until ready to use.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
4. Portion chicken salad with #8 scoop (½ cup) for each serving. Each portion provides 2½ oz. eq. meat/meat alternate.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

**PRODUCTION NOTES**

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for salads.

**MISCELLANEOUS NOTES**

Presentation Idea: Line salad container with lettuce leaves prior to arranging the tomato and chicken salad.

Presentation Idea: Use a container that allows space for the salad and tomato. A clear plastic lid, for eye appeal, is preferable.

**NUTRIENTS PER SERVING**

Calories	171	Dietary Fiber	0.28 g	Sodium	279.00 mg	Sat. Fat	1.72 g
Carbohydrates	4.15 g	Protein	20.10 g	Total Fat	8.34 g	Trans Fat	0.00 g

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## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN SALAD

1.



Chicken Salad ingredients.

2.



Mixing ingredients for Chicken Salad.

3.



1 serving of Chicken Salad shown with an optional lettuce leaf liner to garnish the salad.