



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

This institution is an equal opportunity provider. This material is funded by the USDA's Supplemental Nutrition Assistance Program- SNAP, Chicago Partnership for Health Promotion (CPHP) is a unit of the Office of Community Engagement And Neighborhood Health Partnerships (OCEAN-HP) representing a network of community-based interventions designed to improve nutrition and reduce disparities in outcomes associated with nutritional diseases, including obesity. CPHP provides high quality, age, gender, and culturally tailored nutrition education in various venues across the city. University of Illinois Extension: the <https://go.illinois.edu/EatMoveSave> University of Illinois at Chicago: <http://cphp.uic.edu>

MEAL KIT.

Chicken Salad

Recipe adapted from University of Minnesota Extension

Ingredients:

10 ounce of chicken breast
8 tablespoon of minced onion
1 tablespoon of onion powder
2-3 stalk celery, minced
Seasonings: salt & pepper
4 tablespoon of mayonnaise
1 head of romaine lettuce or 4
ounces of Leafy green (optional)

Directions:

Time needed: 5 minutes of preparation,
12 minutes cook time

- 1.Heat chicken for 5-7 minutes in a medium skillet or fry pan with oil.
- 2.Cool chicken to room temperature.
- 3.In a 2-cup bowl, mix together the chicken and mayonnaise.
- 4.Add vegetables, if desired.
- 5.Mix well and season to taste.
- 6.Spread on bread for a sandwich or spoon on top of a bed of leafy greens.
- 7.Refrigerate leftovers.

SERVES
4-6