Crunchy Chicken Salad

**Ingredients:**
- 2 cups cooked chicken (chunked)
- ½ cup celery
- ¼ cup green pepper
- ¼ onion
- ½ cucumber
- ½ cup grape
- 1 apple (small, diced, leave the peel on)
- ¼ cup yogurt, plain

**Instructions:**
1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half a cucumber.
6. Chop the apple into pieces. It’s okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

**Notes:** Serve on lettuce, crackers, or bread.

**Serving size:** ¾ cup prepared salad, 1/5 of the recipe. Yields 6 servings

**Nutrition facts:** 140 calories, 4.5 g total fat, 1 g saturated fat, 50 mg cholesterol, 65 mg sodium, 8 g carbohydrate, 1 g fiber, 17 g protein, 4% vitamin A, 4% calcium, 15% vitamin C, 4% iron.