

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Chicken Salad

By Sherrie Mahoney,  
Saline County Extension

Keep chilled. Just before serving, toss  
chicken mixture with

In a medium bowl, combine  
1/2 cup chunky salsa  
1/3 cup Ranch-type salad dressing  
(regular or fat-free)  
1/3 cup French salad dressing (regular  
or fat-free)  
1/3 cup shredded cheddar cheese  
and 1 to 1-1/2 cups diced cooked  
chicken

1 one-pound bag shredded lettuce  
2 flour tortillas, cut into 1/4-inch by 1  
inch strips



### Nutrition Facts

Serving Size (272g)  
Servings Per Container 3

**Amount Per Serving**  
Calories 390 Calories from Fat 170

|                        | % Daily Value* |
|------------------------|----------------|
| Total Fat 19g          | 29%            |
| Saturated Fat 3.5g     | 16%            |
| Cholesterol 60mg       | 21%            |
| Sodium 1170mg          | 49%            |
| Total Carbohydrate 28g | 9%             |
| Dietary Fiber 2g       | 7%             |
| Sugars 32g             |                |
| Protein 3g             |                |

Vitamin A 8% • Vitamin C 4%  
Calcium 15% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your  
daily values may be higher or lower depending on your calorie  
needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4  
Low fat dressings were used in this recipe



### Location Of Ingredients

(At Vine Street Dillon's)

| Item                         | Aisle     |
|------------------------------|-----------|
| Chunky Salsa                 | 9         |
| Ranch-type<br>Salad Dressing | 9         |
| French Salad Dressing        | 9         |
| Cheddar Cheese               | Dairy     |
| Chicken                      | Meat or 6 |
| Lettuce                      | Produce   |
| Flour Tortillas              | 10        |

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