

Chicken and Green Bean Salad

This pantry-friendly meal combines protein, vegetables and healthy fats all in one dish and can be on your kitchen table in about 15 minutes.



SALAD

- 2 cups shredded cooked chicken breast, cooked without salt, all visible fat discarded
OR 20 ounces canned no-salt-added (or lowest sodium available) chicken breast, drained and laked
- 2 14.5-ounce cans no-salt-added green beans, rinsed and drained
- 3 medium ribs of celery, chopped
- 3 tablespoons chopped unsalted almonds, walnuts or pecans

DRESSING

- 2 tablespoons extra-virgin olive, corn, or canola oil
- 2 tablespoons lemon juice **OR** vinegar
- 1 tablespoon Dijon mustard or spicy brown mustard **OR** 1 teaspoon ground mustard whisked with 2 teaspoons water
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper (freshly ground preferred)

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SERVINGS: 4 | **COST PER SERVING:** \$2.82

CALORIES

251 Per Serving

PROTEIN

23g Per Serving

FIBER

5g Per Serving



STEP 1: Put the salad ingredients in a large bowl.



STEP 2: In a small bowl, whisk together the dressing ingredients.



STEP 3: Pour the dressing over the salad, tossing to coat.

QUICK TIPS

Tip: To easily chop or crush nuts, put the nuts in a sealed plastic bag and gently roll over them with a rolling pin. Or you can put the sealed bag underneath the back of a small skillet and press firmly.

Tip: Don't have any nuts on hand? Unsalted seeds, such as hulled pumpkin or sunflower, can be used instead.

Tip: One half of a store-bought rotisserie chicken will yield about 2 cups shredded

chicken, which is the amount needed for this recipe.

Tip: No celery in the fridge? Substitute 3 medium chopped carrots, 1 medium chopped cucumber, and 1 1/2 cups shredded cabbage.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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Heart
Association.**