

## Barbecue Chicken or Turkey Salad

This Barbecue Chicken or Turkey Salad includes tender white chicken combined with green onions, celery, and the smoky flavor of barbecue sauce. Delish!

### CACFP Home Childcare Crediting Information

$\frac{2}{3}$  cup (two  $\frac{1}{3}$  cup measuring cups or No. 6 scoop) Barbecue Chicken/Turkey Salad provides  $\frac{3}{8}$  cup vegetable ( $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{4}$  cup other vegetable), and 1 oz equivalent meat.



**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Makes:** 6 servings.

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### Ingredients

- $\frac{1}{3}$  cup or 2  $\frac{1}{2}$  oz Ranch dressing
- $\frac{3}{4}$  cup or 6 oz White onions, diced
- 1 tsp Paprika
- $\frac{1}{2}$  tsp Chili powder
- $\frac{3}{4}$  cup or 7 oz Catsup
- $\frac{1}{8}$  tsp Garlic powder
- $\frac{1}{4}$  cup or 1  $\frac{1}{2}$  oz Brown sugar
- $\frac{1}{8}$  cup or 1 oz Worcestershire sauce
- $\frac{1}{4}$  tsp Ground black pepper
- 1  $\frac{1}{2}$  tsp Salt-free seasoning
- 1  $\frac{1}{4}$  cup or 6 oz Cooked, diced ( $\frac{1}{2}$ " pieces) chicken or turkey
- 1 tsp Ancho chili powder

### OR

- 1 tsp Mexican seasoning mix  
(See Notes Section)

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### Directions

- 1** Set aside ranch dressing for step 5 and refrigerate.
- 2** Control Point:  
Cool to 40 °F or lower within 4 hours.
- 3** **Barbecue Sauce:**  
Combine white onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot.
- 4** Simmer sauce uncovered over medium heat and stir occasionally for 15-20 minutes.
- 5** Combine barbecue sauce, ranch dressing, chicken or turkey, ancho chili powder or Mexican seasoning mix, green onions, red onions, and diced celery in a large bowl. Stir well. Pour in a small (8"x8") baking dish and refrigerate.
- 6** Critical Control Point:  
Cool to 40 °F or lower within 4 hours.

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## Ingredients continued

- ¼ cup or 1 oz Green onions, diced
- ⅓ cup or 1 ½ oz Red onions, diced
- ½ cup or 4 oz Celery, diced
- 6 (⅓ oz each) Iceberg lettuce leaves  
3"x 3" tear lettuce into 6 pieces
- 2 medium or 6 oz Fresh tomato, sliced (1 oz each)  
cut 6 medium slices
- 6 mini Whole-grain rolls, 1 oz each (optional)

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## Directions continued

- 7** Place a lettuce leaf on each plate.
- 8** Portion ⅔ cup barbecued chicken salad on top of lettuce leaf.
- 9** Place slice tomato on top of barbecue chicken salad.
- 10** If desired, serve on a whole-grain roll
- 11** Critical Control Point:  
Hold at 40 °F or lower until served.
- 12** Serve ⅔ cup (portion with two ⅓ cup measuring cups or No. 6 scoop).

**Notes:**

**Mexican Seasoning Mix:**  $\frac{3}{4}$  cup (about 4  $\frac{1}{2}$  oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder,  $\frac{1}{4}$  tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**Ranch Dressing Ingredients**

Combine 10 oz low fat buttermilk,  $\frac{1}{2}$  tsp lemon juice, 1  $\frac{1}{4}$  oz low fat yogurt,  $\frac{1}{4}$  tsp fat free sour cream, 1  $\frac{1}{2}$  oz low fat mayonnaise, 1 tsp onion powder, 1 tsp garlic powder,  $\frac{1}{8}$  tsp ground black pepper,  $\frac{1}{8}$  tsp dried chives,  $\frac{1}{2}$  tsp dried parsley,  $\frac{1}{4}$  tsp salt,  $\frac{1}{4}$  tsp sugar in a medium bowl. Stir well. Pour ranch dressing into an 8 oz sealable container.

**Source:**

CACFP Home Childcare 6-Serving Recipe

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**Nutrients Per Serving:** **Calories** 148, **Protein** 8 g, **Carbohydrates** 25 g, **Dietary Fiber** 2 g, **Total Sugar** 18 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 20 mg, **Sodium** 178 mg, **Vitamin A** 42 mcg RAE, **Vitamin C** 10 mg, **Vitamin D** 2 IU, **Calcium** 57 mg, **Iron** 1 mg, **Potassium** 448 mg

