

**MAKE HALF YOUR
PLATE FRUITS
AND VEGETABLES**



BE THE CHEF!

PREP TIME: 15 MINUTES

Fruity Fun Chicken Salad Cups

This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.



SERVINGS: 6

SERVING SIZE: 2 lettuce cups

INGREDIENTS:

- 1 10-oz can all white meat chicken
- ½ cup strawberries, diced
- ½ cup fresh spinach, chopped
- ¼ cup green onions, thinly sliced
- ¼ cup fat-free sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano leaves
OR dry dill weed
- ¼ teaspoon ground black pepper
- 12 small Romaine lettuce leaves or
Bibb lettuce leaves

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Fruity Fun Chicken Salad Cups** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl, mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure ¼ cup of chicken salad into each lettuce leaf.

OPTIONS

- Consider adding blueberries, diced peaches, or halved grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1½ cups of leafy greens like torn or chopped Romaine lettuce and/or spinach to make it a salad.

Food Demonstration Samples: Offer ⅓ cup of chicken salad and ¼ of a lettuce leaf in small cups. Provide a fork. Makes 24 samples.

Nutrition Information

Amount per serving: 2 lettuce cups; **Calories:** 58; **Total Fat:** 2 g; **Saturated Fat:** 0 g; **Sodium:** 121 mg; **Potassium:** 145 mg; **Total Carbohydrate:** 4 g; **Dietary Fiber:** 1 g; **Sugars:** 1 g; **Protein:** 7 g; **Vitamin A:** 1368 IU; **Vitamin C:** 10 mg; **Vitamin D:** 0 IU; **Calcium:** 35 mg; **Iron:** 1 mg.



Get children involved in making the recipe!

SHOW them how to:

- Cut the strawberries, using a plastic knife (for ages 6–7 and up with adult supervision).
- Tear the spinach into bite-size pieces.
- Remove the leaves from the head of lettuce.
- Measure the sour cream and mustard.
- Measure the oregano and pepper.
- Help gently stir the salad mixture.
- Fill the lettuce cups.



Share these fun facts:

- * Because of their size, leaf lettuce can be used as a sandwich wrapper!
- * Romaine lettuce leaves provide vitamin A, which helps keep your eyes and skin healthy.
- * Oregano is an herb typically used in Latin, Indian, and Mediterranean cooking.

