

Scoop It Up Chicken Salad

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Ingredients

1/3 cup chopped or shredded cooked chicken or turkey

2 tablespoons chopped celery

1 tablespoon low-fat or light mayonnaise

1 tablespoon salsa

1 tablespoon shredded cheddar cheese

4 mini taco shells or scoop-shaped tortilla chips

Directions

Combine chicken or turkey, celery, low-fat or light mayonnaise, salsa and cheese in small container; cover tightly. Wrap taco shell or tortilla chips in plastic wrap. To serve at lunchtime, use shells or chips to scoop up chicken salad. Serves 1.

Fit Tip

**Make family
chores at home
a fun and
active game
for everyone.**

