

# WHITE BEAN & CHICKEN SALAD

Serves 4

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## EQUIPMENT



measuring spoons



can opener



colander



liquid measuring cup



metal mixing bowl



rubber spatula

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## INGREDIENTS



canned chicken



diced tomatoes



1/4 cup frozen onions



1 Tablespoon dried basil



1 can white beans

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## PROCEDURES



1. Drain chicken in a colander.



2. Drain tomatoes in a colander.



3. Drain and rinse beans in a colander.



4. Mix beans, diced tomato, chicken, basil and onions in a large bowl. Stir together.

# WHITE BEAN & CHICKEN SALAD DRESSING

Serves 4

## EQUIPMENT



wire whisk



measuring spoons



small mixing bowl



liquid measuring cup

ice cream scoop

## INGREDIENTS



1/4 cup red wine vinegar



1 Tablespoon olive oil



1 Tablespoon lemon juice



2 teaspoon Dijon mustard



1/2 teaspoon salt  
1/4 teaspoon pepper

## PROCEDURES



1. Combine all ingredients into a small bowl and stir with a whisk.



2. Pour dressing over chicken mixture and stir until dressing covers salad. Refrigerate.

### Nutrition Facts

|                               |              |
|-------------------------------|--------------|
| 4 servings per container      |              |
| <b>Serving size</b>           | 1 cup (364g) |
| <b>Amount per serving</b>     |              |
| <b>Calories</b>               | <b>310</b>   |
| % Daily Value*                |              |
| <b>Total Fat</b> 5g           | 6%           |
| Saturated Fat 0.5g            | 3%           |
| Trans Fat 0g                  |              |
| <b>Cholesterol</b> 55mg       | 18%          |
| <b>Sodium</b> 940mg           | 41%          |
| <b>Total Carbohydrate</b> 34g | 12%          |
| Dietary Fiber 7g              | 25%          |
| Total Sugars 6g               |              |
| Includes 0g Added Sugars      | 0%           |
| <b>Protein</b> 30g            |              |
| Vitamin D 0mcg                | 0%           |
| Calcium 120mg                 | 10%          |
| Iron 5mg                      | 30%          |
| Potassium 524mg               | 10%          |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.