



Chicken Vegetable Salad

- 2 cups cooked turkey or chicken, diced
- 1/2 cup celery, diced
- 1/4 cup green pepper, diced (if desired)
- 1/4 cup onion, chopped
- 1/4 cup yogurt (low-fat or fat-free) or mayonnaise (reduced-fat)

Directions:

Toss ingredients together with yogurt or mayonnaise. Chill. This can be eaten as is or spread on crackers or bread.



Zesty Black-Eyed Pea Salad

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| 2 cans (15 oz each) black-eyed peas, drained, rinsed | 1 Tbsp minced garlic |
| 2 Tablespoons onion, finely chopped (if you like) | 1/2 cup reduced-fat Italian dressing |
| 1/4 cup green pepper, chopped (if you like) | Lemon pepper seasoning (if you like) |
| 1 can (15 oz) corn, drained, rinsed* | Lettuce, torn into small pieces |
| 1 can (15 oz) diced tomatoes, drained | 1 cucumber, sliced |

Directions: In a medium bowl combine black-eyed peas, onions and peppers (if you like), corn, tomatoes, and garlic. Toss lightly. Add Italian dressing, mix lightly. Sprinkle the top of the salad with lemon pepper seasoning, if you like. Cover. Refrigerate a couple of hours or overnight, stirring occasionally. When ready to serve, place 1 1/2 cups of black-eyed pea salad on top of each plate of torn lettuce. Add sliced cucumbers to the side. Serve.

Plan Ahead: This salad should be placed in the refrigerator for a couple of hours or more before serving to mix the flavors throughout the salad.



Nutrition Facts (includes low-fat yogurt)

Servings Per Recipe: 4

Amount Per Serving:

Calories 133 19% of total calories from fat

Total Fat 3g Sodium 73mg

*Vitamin A 2% *Vitamin C 15%

*Calcium 5% *Iron 5%

* Percentage Daily Values

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Issued in furtherance of Cooperative Extension work, Act of May 8 and June 30, 1914, The University College of Agriculture and Environmental Sciences and the U.S. Department of Agriculture cooperating. J. Scott Angle, Dean and Director

Released by Kelly Bryant, MS, RD, LD, EFNEP Nutrition Specialist

November 2006

Publication Number FDNS-NE-1161

Nutrition Facts (includes iceberg lettuce)

Servings Per Recipe: 6

Amount Per Serving:

Calories 217 12% of total calories from fat

Total Fat 3g Sodium 1024 mg**

*Vitamin A 13% *Vitamin C 31%

*Calcium 8% *Iron 18%

* Percentage Daily Values

**Rinsing the canned vegetables will reduce the amount of sodium listed.

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