

# Chicken Salad Cucumber Bites

Recipe from RAMC Dietitians

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### Ingredients:

- 2½ tablespoons light mayo
- 2½ tablespoons plain Greek yogurt
- 1/3 cup thinly diced red onion
- 1 cooked chicken breast (diced)
- 1 tsp salt
- 1 tsp ground pepper
- ½ cucumber (sliced in ~12 slices)

### Instructions:

1. Cook chicken breast.
2. Dice chicken breast.
3. Cut ½ of a cucumber into slices.
4. In a bowl, mix chicken and the rest of the ingredients together.  
Do not mix cucumber slices in.
5. Scoop 1 teaspoon of chicken mixture onto each cucumber slice.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 100	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 7 mg	2 %
Sodium 756 mg	31 %
Potassium 77 mg	2 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 9 g	18 %
Vitamin A	2 %
Vitamin C	2 %
Calcium	8 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



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