

Chicken Salad with Cranberries and Walnuts (or Pecans)



Ingredients:

- 2 slices whole wheat bread
- 1/2 chicken breast, cooked and chopped
- 1/4 cup toasted walnuts or pecans, chopped
- 1/4 cup dried cranberries
- 1 small green onion, sliced
- 1/2 rib celery, diced
- 2 Tablespoons mayonnaise
- 1 teaspoon red wine vinegar
- salt and pepper, to taste

Preparation:

Combine the ingredients in a large bowl, season to taste. Serve on toasted bread

Kidney-Friendly Chicken Salad

Portions: 2 Serving size: 1/2 cup and 2 slices bread

Ingredients:

- 4 ounces baked chicken, diced small
- 1 tablespoons onion, chopped
- 1 tablespoons celery, chopped
- 1/4 cup apple, chopped
- 2 Tablespoons mayonnaise
- 1/2 teaspoon lemon juice
- 1/4 teaspoon black pepper
- 4 slices white bread

Renal and renal diabetic food choices:

2 meat, 2 starch, 1 fat

Carbohydrate choices: 1

Nutrients per serving (Kidney-friendly version)

Calories	353	Sodium	139 mg
Protein	18 g	Potassium	248 mg
Carbohydrates	30 g	Phosphorus	180 mg
Fat	17 g	Calcium	90 mg
Cholesterol	48 mg	Fiber	1.9 g