



Healthy Chicken Salad with Cumin

Ingredients:

- 6 ounces of chicken breast
- 1 cup of mayonnaise or greek yogurt
- ½ cup diced celery
- ½ cup cubed apples
- ¼ cup diced onion
- 2 tablespoons of raisins or craisins
- 2 teaspoons of cumin
- Salt and pepper to taste

Instructions:

1. Cook and cube chicken breast.
2. Dice celery, apples, and onions.
3. Combine ALL ingredients in a small bowl.
4. Chill for at least 30 minutes before serving to allow flavors to blend.
5. Serve cold. Use to make chicken salad sandwiches or serve as a side!

FLIP OVER TO FIND “COOK ONCE, EAT TWICE” TIPS



COOK ONCE, EAT TWICE!



When cooking, make extra and freeze it for later.

- For instance, if you're making chicken, cook extra and freeze the leftovers.
- Pre-Cooked frozen meat (chicken, hamburger, sausage, etc) can be wrapped tightly in tinfoil or stored in freezer bags and kept in the freezer for up to 12 months!

Frozen meat can be used a variety of different ways.

- Frozen hamburger can be used in chilis, sauces, tacos, stews and more.
- Similarly, frozen chicken can be added to casseroles, soups, and more.

Whole meals can be frozen!

- Lasagnas and casseroles can be made and frozen. When you're ready to make it, pop the dish straight into the oven until it's cooked through.

Let all dishes come to room temperature before freezing.

- Once the dish reaches room temperature, freeze *immediately* in order to prevent bacteria growth.

Date your food before it goes into the freezer.

- An easy way to keep track of how long something has been in the freezer is to write the date before freezing.

Avoid freezer burn!

- In order to avoid freezer burn, be sure to get rid of any excess air when you're bagging or wrapping your food.

Freeze in usable portions.

- Rather than putting a large quantity of food into the same container/freezer bag, store it in smaller portions. For example, if you only make two pieces of chicken at dinner time, separate chicken into bags of two pieces. It's easier to grab and when it's time to defrost the chicken, you don't end up defrosting more food than you'll be using.