

Prep Time: 10 minutes

Cook Time: 0 minutes

PANS/EQUIPMENT: medium bowl

Number of Servings: 4-6, depending on ages

1 pound cooked chicken (no antibiotics or hormones)

Cut into bite sized pieces

1/4 cup mayonnaise, organic or Veganise

1/4 cup yogurt

2 Tablespoons lemon juice

Put into bowl. Mix well. Stir in chicken.

1/2 cup celery, organic, chopped finely

1 cup apples, organic, diced

1 cup grapes, red, US grown only

1/2 cup walnuts, finely chopped

1/2 teaspoon sea salt

1/2 cup Spring Mix lettuce, torn into little pieces

Add to chicken mixture. Gently stir well.

1/4 cup shredded cheese, white

Sprinkle on top. Serve.

OPTION: Replace chicken with turkey or tongol tuna

7 God-made Food Colors: white, yellow, green, red, purple, tan, brown

5 Food Groups: EFAs (essential fatty acids), dairy, fruit, vegetables, nuts (or seafood option)

PERFORMANCE RATING: 7/5

The key to this salad is having cooked more chicken or turkey than needed for dinner the night before. Leftovers makes this a fast an easy recipe. The emphasis on organic canola is based on the GMO issues with the rape seed, the source of canola. Organic is also encouraged for celery and apples as both are on top of the "Dirty Dozen" conventional farmed vegetables list. Do your best either way. Spring Mix is a nice combination of lettuce nutrients. Tearing it into little piece makes it more palatable for kids. You can mix the shredded cheese into the salad and add more if this makes a tasty difference for your family.

We like the way this salad combines meat, fruit, nuts and vegetables for kids. Serve it in cups, for lunch, snacks or even at dinner with some soup and crackers. They usually like to pick at this salad with their fingers. We say, let them as long as they eat it!