

Fresh from the Farm Chicken Salad

Winter Curry

Round-Up 4H

Rusk County

Intermediate

Protein

Ingredients

- 2 pints canned chicken
- ½ seasonal, sweet red apple
- Pomegranate Aurals (When out of season, find these in the frozen section.)
- 5-6 baby dill pickles
- Mayonnaise to taste
- Salt and pepper to taste

Directions

1. De-core and chop the apple.
2. Separate chunks of chicken.
3. Chop up pickles into small pieces.
4. Combine in bowl.
5. Add large dollop of mayonnaise.
6. Stir/ toss until all chicken is coated. Add more mayonnaise if necessary.
7. Salt and pepper to taste.
8. Add the pomegranate aurals and gently stir. You may also “sprinkle” some on the top.
9. Refrigerate for at least an hour before serving.