DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Kallie Stephens					
CATEGORY *Please check one*	☐ Appetizer	☒ Main Dish	☐ Side Dishes	☐ Healthy Desserts	
COUNTY	Houston				
AGE DIVISION	☐ Junior	☒ Intermediate	☐ Senior		

Name of Recipe: Easy Chicken Salad		
Prep Time: 15 min	**Cook Time:**	**Cost:** $6.50

Type Recipe Here:

Ingredients:
- ½ cup plain Greek yogurt*
- ¼ teaspoon garlic powder or to taste
- ¼ teaspoon salt or to taste
- ¼ teaspoon black pepper or to taste
- 2 cups cooked chicken shredded or chopped
- ½ cup chopped celery
- ½ cup pecans walnuts or sliced almonds, toasted if desired
- ½ cup quartered grapes*
- ¼ cup finely chopped red onion optional
- bread, croissants or lettuce for serving

Instructions
1. In a large bowl, stir together the plain Greek yogurt, garlic powder, salt and pepper.
2. Add the cooked chicken, celery, nuts, grapes and red onion (if using). Stir until well combined.
3. Taste and adjust seasonings as needed.
4. Serve as a sandwich on bread or croissants, or wrapped in lettuce.

Serves 7

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020