

Tea for Two Salad

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| 1/3 cup low-fat mayonnaise | 1/2 cup chopped celery |
| 1/2 teaspoon mustard | 1/4 cup dried cranberries or grapes cut in half |
| 1/2 teaspoon pickle relish | 2 cups chopped green leaf lettuce |
| 1 cup chopped chicken | |

In small bowl, mix mayonnaise, mustard and pickle relish. Set aside. In medium bowl, add chicken, celery and cranberries or grapes. Add dressing and toss to coat. Place one cup of green leaf lettuce on plate and top with generous cup of chicken salad.

Makes 2 servings.

Have your parent cut out the recipe on the dotted line.



GRAPE JUMBLE

Help Belle unscramble these words to learn about healthy eating.*

**FTURIS
TAE**

**EDRVYAEY
VTSEABGLEE**



How many pounds of fresh grapes does it take to make a pound of raisins?



GRAPE JUMBLE ANSWERS: FRUITS, Eat, Everyday, Vegetables, Remember to eat at least 5 cups of fruits and vegetables everyday.*