

Tupperware®

Serves: 2 · Serving size: 1 cup



PREP: 10 minutes
COOK: 0 minutes

Chicken and Egg SALAD

3 hard boiled eggs, minced
1 cup cooked, shredded chicken
¼ cup diced celery
1 cup frozen peas
2 tbsp. crumbled bacon
3 tbsp. mayonnaise (found on our blog)
1 tbsp. DIY Onion Soup Seasoning Blend (found on our blog)

1. In a large bowl, stir together eggs, chicken, celery, peas, mayonnaise, DIY seasoning blend and bacon. Add salt to taste.
2. Serve in lettuce cups, on cucumber or apple slices or with pita wedges.

Nutritional Information (per serving):
Calories: 430 Total Fat: 23g Saturated Fat: 6g Cholesterol: 365mg
Sodium: 540mg Carbohydrate: 15g Fiber: 3g Sugar: 6g Protein: 39g
Vitamin A: 40% Vitamin C: 25% Calcium: 8% Iron: 15%

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