



Hawaiian Chicken Salad Recipe

Preparation Time	5
Cooking Time	10
Serving Size	6

Ingredients:

- 1/2 cup apple, red
- 1 can DEL MONTE Pineapple Chunks (227g), drained, reserve syrup
- 250 g chicken, breast, boiled and meat cut into cubes
- 3/4 cup celery, diced
- 1 Tbsp raisins
- 1/3 cup mayonnaise
- 1/2 tsp salt
- 1/2 Tbsp sugar, white

Preparation:

1. Cut apples into chunks and soak in reserved pineapple syrup for 5 minutes. Drain when ready to mix with other ingredients.
2. Combine with the rest of the ingredients. Season with salt and sugar. Blend well. Chill before serving.

Chef's Tip

When sliced, apples oxidize and turn brown. Prevent this from happening by soaking them in pineapple syrup.

Lusog Notes

This dish is a source of niacin that promotes normal digestion and healthy skin. Niacin also helps improve circulation and suppresses inflammation.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups