



## Hawaiian Chicken Salad Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>10</b>
<b>Serving Size</b>	<b>6</b>

### 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