

Low-Point Chicken Salad Snack

Ingredients:

1, 3 oz. can Swanson Chicken

1 Tbs. fat free mayonnaise

1 tsp. mustard

1 tsp. relish

1 small tomato

6 olives

Package of Stone Ground Wheat Crackers (or the kind of your choice that are 60 calories for 3)

Mix can of Swanson Chicken, mayonnaise, mustard, and relish together. Cut small tomato in thin slices and layer 6 thin slices on 6 crackers. Put a small scoop of the chicken salad mixture on top and garnish with one green olive.

Total Servings = 6 crackers

Serving size = 1

Points per serving = .5 pts.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)