

# Cherry Pecan Faux Chicken Salad

Bay Aranac Career Center



## Ingredients

3 cups canned Northern Beans, drained and rinsed  
1 cup celery, diced  
½ cup dried cherries, chopped  
½ cup pecans, lightly chopped  
½ cup green onions, thinly sliced, white and green parts.  
6 Tbsp. reduced calorie mayonnaise  
4 Tbsp. Apple cider vinegar

## Directions

TYPE TEXT HERE To make the dressing combine mayonnaise, vinegar and honey.

Place beans in a medium bowl and roughly mash them with a fork. Add celery, cherries, nuts and onions. Toss. Salt and pepper to taste.

Nutritional Information	Servings 6
Calories per serving	278
Total Fat	83g
Saturated Fat	19g
Cholesterol	4mg
Sodium	123mg
Total Carbohydrates	38g
Dietary Fiber	7g
Protein	10g