



CHICKEN SALAD – Fresh Chicken Recipe

Here's how to make one serving of chicken salad with fresh chicken.



- _____1. Get 1 cooked, skinless, boneless chicken breast
(this is 1/2 of a whole breast).
Get cutting board.
Get fork.
Get sharp knife.
Get bowl.
Get mayonnaise.
Get measuring spoons.
Get diced celery.
Get salt.



- _____2. Put chicken on to cutting board.



- _____3. **Careful!** Cut chicken into small pieces.



____ 4. Put chicken into bowl.



____ 5. Measure 2 tablespoons mayonnaise.



____ 6. Put mayonnaise into bowl.



____ 7. Measure 2 tablespoons diced celery.



_____ 8. Put celery into bowl.



_____ 9. Measure 1/8 teaspoon salt.



_____ 10. Put salt into bowl.



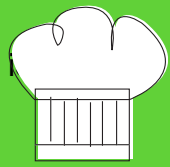
_____ 11. Mix.



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- _____ 1. Get 1 cooked, skinless, boneless chicken breast (this is 1/2 of a whole breast). Get cutting board. Get fork. Get sharp knife. Get bowl. Get mayonnaise. Get measuring spoons. Get diced celery. Get salt.
Get one cooked, skinless, boneless chicken breast (this is one lobe or one half of a whole chicken breast), a clean cutting board, a clean fork, a clean, sharp knife, a clean mixing bowl, mayonnaise, a clean set of measuring spoons, diced celery, and salt.
- _____ 2. Put chicken on to cutting board.
Using the fork, put the chicken breast on to the cutting board.
- _____ 3. **Careful!** Cut chicken into small pieces.
Using your one hand and the fork, hold the chicken breast so that it is steady and secure on the cutting board.
Using your other hand and the knife, cut the chicken breast into bite sized pieces.
- _____ 4. Put chicken into bowl.
Using your one hand, hold the cutting board, with the chicken pieces, over the bowl.
Using your other hand and the fork, scrape the chicken off of the cutting board into the bowl.
- _____ 5. Measure 2 tablespoons mayonnaise.
Using the measuring spoons, measure two tablespoons of mayonnaise.
- _____ 6. Put mayonnaise into bowl.
Put the mayonnaise from the measuring spoons into the bowl.
- _____ 7. Measure 2 tablespoons diced celery.
Using the measuring spoons, measure two tablespoons of diced celery.
- _____ 8. Put celery into bowl.
Put the diced celery from the measuring spoons into the bowl.



- _____ 9. Measure $\frac{1}{8}$ teaspoon salt.
Using the measuring spoons, measure one eighth teaspoon of salt.
- _____ 10. Put salt into bowl.
Put the salt from the measuring spoon into the bowl.
- _____ 11. Mix.
Using your one hand, hold the bowl so that it is steady and secure.
Using your other hand and the fork, mix together the ingredients in the bowl until well blended.



CHICKEN SALAD – Canned Chicken Recipe

Here's how to make one serving of chicken salad with chicken from a can.



- _____1. Get 4.5 ounce can chicken.
 Get can opener, if needed.
 Get fork.
 Get bowl.
 Get mayonnaise.
 Get measuring spoons.
 Get diced celery.
 Get salt.



- _____2. **Careful!** Open can of chicken.
 Lid stays on.



- _____3. **Careful!** Drain water from can.
 Lid off.



_____4. **Careful!** Put chicken into bowl.



_____5. Measure 2 tablespoons mayonnaise.



_____6. Put mayonnaise into bowl.



_____7. Measure 2 tablespoons diced celery.



_____ 8. Put celery into bowl.



_____ 9. Measure 1/8 teaspoon salt.



_____ 10. Put salt into bowl.



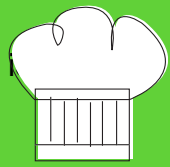
_____ 11. Mix.



CHICKEN SALAD – Canned Chicken Recipe

Here's how to make one serving of chicken salad with chicken from a can.

- _____ 1. Get 4.5 ounce can chicken. Get can opener, if needed. Get fork. Get bowl. Get mayonnaise. Get measuring spoons. Get diced celery. Get salt.
Get a four and one half ounce can of tuna in water, a clean can opener, if needed, a clean fork, a clean mixing bowl, mayonnaise, a clean set of measuring spoons, diced celery and salt.
- _____ 2. **Careful!** Open can of chicken. Lid stays on.
Using the can opener or the pop top lid, open the can of chicken, but don't take off the lid completely.
- _____ 3. **Careful!** Drain water from can.
Using one hand or both hands, hold the can of chicken and press down on the lid.
Turn the can of chicken upside down over the sink so the water drains from the can.
Be careful to hold the lid in place so the chicken does not fall out of the can.
You'll get more water out of the can by pressing down firmly on the lid while the can is upside down.
Turn the can around so that it is not upside down.
Take off the lid and throw it away.
- _____ 4. **Careful!** Put chicken into bowl.
Using your one hand, hold the can around the middle and tilt it down and over the dish.
Using your other hand and the fork, scoop out the chicken from the can and into the bowl.
Throw away the can.
- _____ 5. Measure 2 tablespoons mayonnaise.
Using the measuring spoons, measure two tablespoons of mayonnaise.



- _____ 6. Put mayonnaise into bowl.
Put the mayonnaise from the measuring spoons into the bowl.
- _____ 7. Measure 2 tablespoons diced celery.
Using the measuring spoons, measure two tablespoons of diced celery.
- _____ 8. Put celery into bowl.
Put the diced celery from the measuring spoons into the bowl.
- _____ 9. Measure $\frac{1}{8}$ teaspoon salt.
Using the measuring spoons, measure one eighth teaspoon of salt.
- _____ 10. Put salt into bowl.
Put the salt from the measuring spoon into the bowl.
- _____ 11. Mix.
Using your one hand, hold the bowl so that it is steady and secure.
Using your other hand and the fork, mix together the ingredients
in the bowl until well blended.