

Shrimp Salad or Crunchy Chicken Salad

*Elizabeth Behm Flygare - Minot, ND; Myra Schilling - Shelby, MT
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Servings: 6

*1 can (4-1/2 ounce)
chopped small shrimp (or 1
cup cooked, diced chicken)
1/4 cup onion, chopped
1 cup raw carrot, grated
1 cup celery, cut fine
1/2 cup mayonnaise or
salad dressing
1 can (7 ounce) shoestring
potatoes*

Preparation Time: 15 minutes

In a bowl, mix together the shrimp, onion, carrot and celery.

Just before serving, add enough mayonnaise (1/2 to one cup) to moisten.

Add the shoestring potatoes. Mix well.

Serve.

Per Serving (excluding unknown items): 36 Calories; 2g Fat (47.2% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 37mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.