



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Chicken Smash

2 cups diced chicken breast – use 13 oz. premium canned chicken, drained
2 c. finely sliced celery
½ cup sunflower seeds
½ tsp. salt
2 T. grated onion
¾ cup light mayonnaise
2 T. lemon juice

Mix above and put in casserole dish. Top with grated cheddar cheese and crumbled potato chips or use corn flakes. Bake at 450 degrees for 15 minutes.