Canned Chicken Breast Recipes

Canned Chicken Breast Recipes uses canned chicken yogurt salad. Use ready-to-eat canned chicken and keep the finished salad cold.



Prep	Cook	Additional	Total	Servings
10 min	0 min	15 min	25 min	4

Ingredients

2 cans cooked chicken breast, 12.5 ounces / 354 g each, yielding about 14 ounces / 400 g drained

1/3 cup plain Greek yogurt / 80 g

2 tablespoons mayonnaise / 30 g

1 celery stalk / 60 g, finely diced

2 tablespoons lemon juice / 30 ml

1 teaspoon Dijon mustard

1/4 teaspoon black pepper

Instructions

1. Check cans for damage and follow their labels; do not use swollen, leaking or badly damaged cans.

2. Drain chicken, measure about 400 g and gently break apart large pieces.

3. Mix yogurt, mayonnaise, lemon juice, mustard and pepper in a clean bowl.

4. Fold in chicken and celery; refrigerate 15 minutes if time allows.

5. Serve chilled. This uses ready-to-eat canned chicken, not raw poultry; refrigerate promptly and follow the earliest ingredient storage deadline.

Time, Temperature & Doneness

This chilled salad uses ready-to-eat canned chicken and has no raw-meat cooking step. Follow can labels and safe cold handling; any separately heated leftover dish must reach 165°F (74°C).

Ingredient Notes & Substitutions

Yield: Can weights include liquid; drained yield varies.

Yogurt: Plain unsweetened yogurt is essential.

Tips for Success

Drain well.

Keep the salad cold.

Use clean utensils.

Common Mistakes to Avoid

Treating canned chicken as raw meat.

Using sweetened yogurt.

Ignoring can damage.

Recipe Variations

Wrap: Serve in separately supplied wraps.

Herb: Add chopped dill.

Warm pasta: Use drained chicken in a separate hot pasta method; reheat that dish to 165°F (74°C).

Serving Suggestions

Serve chilled with separately supplied bread or crackers.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow an older ingredient’s original deadline; combining foods does not restart the storage clock.

Freezing

Prefer freshly assembled salad: yogurt, mayonnaise and celery lose texture when frozen. Freeze drained canned chicken separately if its label permits; thaw in the refrigerator and assemble fresh.

Reheating

Serve this salad chilled rather than reheating it. If using plain leftover chicken in a separate hot dish, heat that dish to 165°F (74°C).

Frequently Asked Questions

Does canned chicken need cooking?

Commercially canned ready-to-eat chicken normally does not; follow the label. This salad is served chilled.

What ingredient detail matters most?

Can weights include liquid; drained yield varies.

Can I make it ahead?

Prepare ingredients in the refrigerator; cooked leftovers must be chilled promptly and used within their storage limits.

How do I know the chicken is safe?

Use ready-to-eat canned chicken according to its label and keep the salad at 40°F (4°C) or below.

Recipe & Sources

https://howtocookchickenrecipes.com/canned-chicken-breast-recipes/

USDA FSIS — shelf-stable food handling

FoodSafety.gov — safe poultry and leftover temperatures

USDA FSIS — leftovers, chilling and reheating

FoodSafety.gov — cold storage limits