

Recipe: Cranberry Apple Walnut Chicken Salad

Servings: 6

Serving Size: 1 cup chicken salad

Ingredients:

- 3 cups cooked boneless skinless chicken breasts (3 small medium breasts)
- 1/4 cup no sugar added raisins
- 3 medium stalks celery — diced (scant 1 1/2 cups)
- 2 large onions —chopped
- 1 apple-chopped
- 1/2 cup chopped walnuts
- 3/4 cup plain nonfat Greek yogurt
- 1 Tbsp lite mayo
- 1 teaspoon kosher salt — plus additional to taste
- 1/2 teaspoon black pepper — plus additional to taste
- Other spices: garlic powder, cayenne pepper, paprika
- Serving suggestions: whole-grain bread and arugula



Directions:

1. Place the diced chicken, apples, raisins, celery, onions, and walnuts in a large bowl. Add Greek yogurt, LITE mayo, salt, and pepper. Toss ingredients together. Taste and add additional salt and pepper as desired. If time allows, refrigerate for 2 hours or overnight.
2. Serve as a filling for sandwiches, atop salad greens, as a dip with whole grain crackers, or simply enjoy it directly out of the bowl.

~Low Carb & Low Fat~