

# Apple and Walnut Chicken Salad

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Serves 4

## INGREDIENTS

- 1/4 cup fat-free, plain yogurt
- 2 tablespoons light mayonnaise
- 1/4 teaspoon salt-free Italian spice blend
- 2 cups skinless, shredded chicken breast from a rotisserie-cooked chicken
- 3 tablespoons chopped, unsalted walnuts
- 1/2 cup halved, seedless grapes
- 1 red or green apple, finely chopped



## DIRECTIONS

1. Combine yogurt, mayonnaise, and spice blend in a large bowl.
2. Add chicken, nuts, grapes, and chopped apple. Stir to combine.
3. Enjoy with crackers or over a bed of lettuce.

## NUTRITION INFORMATION PER SERVING (1/4 recipe):

Calories: 221, Total Fat: 10g, Saturated Fat: 1g, Cholesterol: 55mg, Sodium: 103mg, Carbohydrate 12g, Fiber: 2g, Sugar: 9g, Protein: 21g

**SOURCE** <https://recipes.heart.org/en/recipes/apple-and-walnut-chicken-salad-with-green-salad>

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