Apple and Walnut Chicken Salad

Serves 4

INGREDIENTS

1/4 cup fat-free, plain yogurt

2 tablespoons light mayonnaise

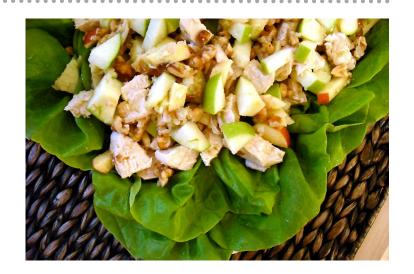
1/4 teaspoon salt-free Italian spice blend

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



Health Plus: Advancing healthy lifestyle practices.