

Chopped Chicken Salad

Serve this chicken salad over a bed of greens or on your favorite whole-grain bread for a protein-packed lunch!

Serves 6



Ingredients

- 2 cups chicken breast, cooked, cubed, and chilled
- $\frac{3}{4}$ cup apple, chopped
- $\frac{3}{4}$ cup celery, chopped
- $\frac{1}{2}$ cup slivered almonds
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup plain, non-fat Greek Yogurt
- 2 teaspoons honey
- 1 teaspoon lemon juice
- Salt and pepper to taste

Nutrition Facts

Serving Size About $\frac{3}{4}$ Cup
Servings Per Recipe 6

Amount Per Serving

Calories 230 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 135mg 6%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 8%

Sugars 13g

Protein 22g

Vitamin A 2% • Vitamin C 8%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. In a medium sized bowl combine chicken breast, apple, celery, almonds, and dried cranberries.
2. In a separate, smaller bowl combine mayonnaise, yogurt, honey, lemon juice, salt and pepper to taste.
3. Pour yogurt sauce over chicken mixture and stir until evenly coated.
4. Enjoy immediately, or refrigerate before serving.

Please note: nutritional values are approximate.

