



Apple & Chicken Salad

Makes: 4 Servings

A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

Ingredients

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 290 |
| Total Fat | 8 g |
| Saturated Fat | 2 g |
| Cholesterol | 65 mg |
| Sodium | 330 mg |
| Total Carbohydrate | 34 g |
| Dietary Fiber | 4 g |
| Total Sugars | 12 g |
| Added Sugars included | 0 g |
| Protein | 25 g |
| Vitamin D | 0 mcg |
| Calcium | 56 mg |
| Iron | 2 mg |
| Potassium | 553 mg |

N/A - data is not available

MyPlate Food Groups

| | |
|---|--------------|
| ■ Fruits | 1 cup |
| ■ Vegetables | 1/2 cup |
| ■ Protein Foods | 2 1/2 ounces |

Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

Notes

Weekly Menu Planning Tip: When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for later use in this salad.

Serve with 8 oz non-fat milk and 1 slice rustic whole grain bread.

Source: Produce for Better Health Foundation