



Creamy Chicken Apple Salad

Yield: 4 Servings

Cost Per Serving: N/A

Cook Time: 15 minutes

Ingredients:

- 1 cup cooked chicken breast (chopped)
- ½ cup celery (diced)
- ½ cup apple (finely diced)
- 1 Tbsp green onion (chopped)
- 1 ½ Tbsp walnuts (chopped)
- 2 Tbsp plain, yogurt (fat-free)
- 2 Tbsp mayonnaise (light)
- ½ lemon (juiced)
- Pinch of black pepper

Directions:

1. In a medium bowl, combine the chicken, green onions, apple, walnuts
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve salad over your choice of lettuce leaves, bread or crackers.

Recipe adapted from: American Diabetes Association