

Apple & Chicken Salad

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

Makes: 4 servings

Prep Time: 20 minutes

Source: myplate.gov

Ingredients

- 2 red apples (such as Cameo or Fuji 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)

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.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	290
Total Fat:	8 g
Saturated Fat:	2 g
Cholesterol:	65 mg
Sodium:	330 mg
Total Carbohydrates:	34 g
Dietary Fiber:	4 g
Total Sugars:	12 g
Added Sugars:	0 g
Protein	25 g

Utensils Needed

- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Mixing bowl
- Spoon for mixing
- Apple corer

SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$14.47

Average cost/serving: \$3.62

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Red Apple



Add 1 to Cart
Celery



Add 1 to Cart
Chicken Breast (2)



Add 1 to Cart
Greek Yogurt, 6 oz. (Plain Non-Fat)



Add 1 to Cart
Raisins



Add 1 to Cart
Lettuce

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My Cooking Notes

Weekly Menu Planning Tips:

- When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for later use in other recipes.
- Try serving with 1 slice rustic whole grain bread.
- Plain non-fat yogurt or light mayonnaise can be used in place of Greek yogurt.