

BEYOND HUNGER

Apple and Chicken Salad

This delicious dish is perfect to make into a sandwich (using whole wheat bread) for a quick and healthy lunch. The weather is starting to have a chill to it, which means apples are in season! Produce that is in season tends to have more flavor and nutrients. Enjoy this savory dish!

Yields: 4 servings

Ingredients:

- 2 red **apples** (such as honey crisp apples)
- 2 **celery** stalks, diced
- 2 skinless **chicken breasts**, cooked and diced (about 2 cups)
- ½ cup **raisins**
- ¼ cup plain, non-fat **Greek yogurt**
- ¼ cup **mayonnaise**
- ¼ teaspoon **salt**
- 1/8 teaspoon ground **black pepper**

Instructions:

1. Using a cutting board and knife, cut apples in quarters, remove the core, and then chop into ½ inch cubes. Place in a large mixing bowl.
2. Place diced celery in the same large mixing bowl as the apples.
3. Place diced chicken in the same large mixing bowl.
4. Add raisins, Greek yogurt, mayonnaise, salt, and black pepper to the large mixing bowl.
5. Mix ingredients together, until everything is evenly coated.

Per Serving: Calories 256 kcal, Carbohydrates 34.6g, Protein 7.7g, Saturated Fat 1.8g, Sodium 286.4mg, Fiber 7.3g, Sugars 23.3g

This recipe was adapted from Brianne Baker.