

# CHICKEN WALDORF SALAD

## INGREDIENTS

- 1/3 cup low-fat mayonnaise
- 1/3 cup nonfat or low-fat plain yogurt
- 2 teaspoons lemon juice
- 3 cups cooked chicken breast, chopped\*
- 1/4 teaspoon salt
- 1 medium red apple, diced
- 1 cup red or green grapes, halved
- 1 cup celery, sliced
- 1/2 cup chopped walnuts, divided (toasted if desired)

## DIRECTIONS

1. Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl.
2. Add chicken, apple, grapes, celery, and half of the walnuts. Stir to coat well.
3. Serve topped with the remaining walnuts.

*\*One pound of raw boneless, skinless chicken breasts yields about 2 1/2 cups chopped or shredded cooked chicken.*



*Recipe courtesy of the U.S. Department of Agriculture*

**Serving size: 1 1/2 cups**

**Nutrition Information:** Calories: 356; Total fat: 16g; Saturated fat: 2g; Cholesterol: 78mg; Sodium: 408mg; Total carbohydrate: 23g; Dietary fiber: 3g; Protein: 31g.