

Chicken Salad with Apples, Grapes, and Walnuts

► MAKES 12 SERVINGS
(Takes 30 minutes)

INGREDIENTS

- 4 cooked chicken breasts, shredded
- 2 Granny Smith apples, cut into small chunks
- 2 cups chopped walnuts
- ½ red onion, chopped
- 3 stalks celery, chopped
- 3 tablespoons lemon juice
- ½ cup vanilla yogurt
- 5 tablespoons creamy salad dressing (such as Miracle Whip®)
- 5 tablespoons mayonnaise
- 25 seedless red grapes, halved

DIRECTIONS

Step 1

Toss cooked and shredded chicken, apple chunks, walnuts, red onion, celery, and lemon juice together in a large bowl.

Step 2

Whisk vanilla yogurt, salad dressing, and mayonnaise together in a separate bowl; pour over the chicken mixture and stir to coat. Gently fold the grapes into the salad. Add some salt and pepper for taste.

Notes

Instead of shredding chicken you can grill thighs and or breast and cube them after cooking. Serve on a whole wheat bun, spinach wrap, and/ or salad. YUM

**Choose a low-sugar yogurt. Read the labels and try to find yogurt with under 10g of sugar. **

NUTRITIONAL VALUES

- Per Serving: 255 calories
- Protein 20g
- Carbohydrates 12g
- Fat 14g
- Cholesterol 41.5mg
- Sodium 127.5mg.



Recipe Courtesy of:

www.FireRescueFitness.com