Dinner

Chicken Salad with Sweet Fruit

Tender chunks of chicken are tossed with crisp apples, juicy grapes, dried apricots and cherries, plus crunchy celery in a light, creamy dressing. A colorful salad with a pleasant mix of sweet and savory in every bite.



45 min	130	16 g	12 g
time	calories	carbs	sugars

Gluten free | Nut free

Ingredients, 8 servings

- [ ] 2 1/2 cup cooked deli chicken breast (diced)
- [ ] 2 small Gala apples (unpeeled and diced)
- [ ] 1/2 cup halved red seedless grapes
- [ ] 1/4 cup dried apricots (sliced)
- [ ] 1/4 cup dark sweet cherries
- [ ] 2 stalks celery (diced)
- [ ] 1/4 cup red onion (minced)
- [ ] 2 tbsp light mayonnaise
- [ ] 2 tbsp plain yogurt (non-fat)
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp black pepper (freshly ground)

Method

- [ ] 1 Cut the cooked deli chicken breast into cubes or slices.
- [ ] 2 Place the chicken in a large bowl and add the Gala apples, red seedless grapes, dried apricots, dark sweet cherries, celery, and red onion.
- [ ] 3 Add the light mayonnaise and plain yogurt, sprinkle in the sea salt and black pepper, and fold gently until everything is evenly coated.
- [ ] 4 Cover the bowl and chill in the refrigerator for 30 minutes to let the flavors meld.

Nutrition Facts

Per serving

Calories	130
Total fat	2.5 g
Saturated fat	0 g
Sodium	210 mg
Total carbs	16 g
Fiber	2 g
Total sugars	12 g
Protein	12 g

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