Dinner, American

Crisp Apple Chicken Salad

A creamy chilled chicken salad tossed with sweet Gala apples, crunchy celery and plump raisins, brightened with lemon juice and a whisper of cinnamon. It comes together in minutes and is perfect for easy lunches.



5 min	160	12 g	8 g
time	calories	carbs	sugars

Gluten free | Nut free

Ingredients, 5 servings

- [ ] 2 cup cooked chicken
- [ ] 1 cup Gala apples
- [ ] 1/2 cup celery
- [ ] 2 tbsp scallions
- [ ] 1/4 cup raisins
- [ ] 1/3 cup light mayonnaise
- [ ] 1 tbsp light sour cream
- [ ] 1 tbsp lemon juice
- [ ] 1/4 tsp ground cinnamon
- [ ] 1/4 tsp black pepper

Method

- [ ] **1** Cube the cooked chicken.
- [ ] **2** Dice the Gala apples and celery, and chop the scallions.
- [ ] **3** Combine the chicken, Gala apples, celery, scallions and raisins in a large salad bowl.
- [ ] **4** Whisk the light mayonnaise, light sour cream, lemon juice, ground cinnamon and black pepper in a small bowl.
- [ ] **5** Pour the dressing over the chicken mixture and toss until evenly coated.
- [ ] **6** Chill the salad in the refrigerator before serving.

Nutrition Facts

Per serving

Calories	**160**
Total fat	6 g
Saturated fat	1 g
Sodium	320 mg
Total carbs	12 g
Fiber	1 g
Total sugars	8 g
Protein	16 g

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