

Chicken Waldorf Salad

Prep time: 15 minutes

Makes: 4 Servings

This recipe is a perfect way to use leftover chicken. With just 15 minutes of prep time, this recipe will be ready in a snap. No leftovers? Use the quick tip below for poaching boneless, skinless chicken breasts. You can also use store-bought rotisserie chicken. If you do, keep in mind that it's already salty and omit the salt in the dressing.

Ingredients

- 1/3 cup** low-fat mayonnaise
- 1/3 cup** nonfat or low-fat plain yogurt
- 2 teaspoons** lemon juice
- 1/4 teaspoon** salt
- 3 cups** chopped cooked chicken breast
- 1** medium red apple, diced
- 1 cup** halved red or green grapes
- 1 cup** sliced celery
- 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.

Notes



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	356	
Total Fat	16 g	25%
Protein	31 g	
Carbohydrates	23 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	408 mg	17%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Protein Foods	4 1/2 ounces
Dairy	1/4 cup

Quick Tip: If you want cooked chicken in a hurry, the easiest way to cook it is to poach it (one pound of raw boneless, skinless chicken breasts yields about 2½ cups chopped or shredded cooked chicken).

- Place boneless, skinless chicken breasts in a skillet or saucepan.
- Add lightly salted water (or chicken broth) to cover and bring to a boil.
- Cover, reduce heat to low, and simmer gently until the chicken is cooked through and no longer pink in the middle (approx 10-15 minutes).