



Low Fat Chicken and Apple Salad

This chicken and apple salad can be used atop a bed of lettuce and crunchy salad vegetables or stuffed into a pita pocket for a sandwich.

Cook Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 2 cups cooked skinless chicken breast, cubed
- 1 stalk of celery, sliced
- 1 medium unpeeled apple, diced
- 1/4 cup raisins
- 1 tbsp lemon juice
- 1/4 cup low fat yogurt
- 1/4 cup fat-free mayonnaise
- 1 tsp curry powder

Preparation:

Place chicken cubes in a medium bowl along with sliced celery, diced apple and raisins. In a separate bowl, whisk lemon juice, yogurt, mayonnaise and curry powder. Pour over chicken and toss to coat.

Serves 4

Per Serving: Calories 229, Calories from Fat 24, Total Fat 2.6g (sat 0.7g), Cholesterol 10mg, Sodium 237mg, Carbohydrate 17.2g, Fiber 1.7g, Protein 34.1g