



Chicken Waldorf Salad

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

makes 4 servings (about 1½ cups each)

- ½ cup low-fat mayonnaise`
- ½ cup nonfat or low-fat plain yogurt
- 2 tsp lemon juice
- ¼ tsp salt
- 3 cups chopped cooked chicken breast
- 1 medium red apple, diced
- 1 cup halved red or green grapes
- 1 cup sliced celery
- ½ cup chopped walnuts, divided (toasted if desired)

Preparation

Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl. Add chicken, apple, grapes, celery and half of the walnuts. Stir to coat well. Serve topped with the remaining walnuts.

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



Nutrition Facts

*Serving size: 1½ cups
356 calories; 16g fat (2g saturated,
3g monounsaturated); 78mg
cholesterol; 23g carbohydrate; 1g
added sugars; 31g protein; 3g fiber;
408mg sodium; 537mg potassium.*