

WALDORF CHICKEN SALAD

Preparation: **15** minutes | Cooking: **20** minutes | Servings: **5**

INGREDIENTS

For the salad:

3 cups chicken breast, shredded or chopped
1 cup fresh parsley, chopped
1/4 cup pecan, toasted and chopped
8 stalks of celery, chopped
1 large apple, diced

For the dressing:

3 tablespoons nonfat

Greek yogurt or dairy-free sour cream
3 tablespoons lite mayo
2 tablespoons clear balsamic vinegar or apple cider vinegar
1 tablespoon fresh-squeezed lemon
1/2 teaspoon poppy seeds
1/4 teaspoon kosher salt
1/4 teaspoon black pepper



INSTRUCTIONS

Combine all the salad ingredients in a large bowl. Whisk together the dressing ingredients and pour over the top of the salad ingredients. Toss well! Enjoy immediately or stash in the fridge. Enjoyable with rice cakes, lettuce wraps or crackers. If needed, drizzle on extra lemon juice or olive oil for flavor.