

Waldorf Chicken Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-salad-recipe-with-greek-yogurt-and-apples>

Ingredients:

- 1 tablespoon lemon juice
- 1/4 cup greek yogurt
- 1/4 cup mayonnaise low-fat
- 1 apple large, chopped, like Granny Smith
- 1 bosc pear peeled, cored and diced
- 1 cup grapes seedless, halved
- 2 stalks celery chopped
- 1 cup chicken breast chopped
- 1/4 cup raisins
- 1/4 cup walnuts chopped
- salt
- pepper
- 1 romaine lettuce washed, dried and chopped

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 370 milligrams
9. Sugar: 21 grams

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