



**Green onions**  
2 green onions  
(chopped)



**Celery**  
celery (diced)  
2 stalks



**Chicken breast**  
2 cup cooked  
chicken breast  
(chopped)



**lemon**  
1/2 lemon  
(juiced)



**Walnuts**  
3 tbsp walnuts  
(chopped)

**Creamy Chicken Apple Salad**



**Apple**  
1 medium Jonagold  
apple (finely diced)



**Yogurt**  
yogurt  
(plain, fat-free)



**Light mayonnaise**  
1/4 cup  
light mayonnaise



**Black pepper**  
1/8 tsp



**Ingredients**



Creamy Chicken Apple Salad



1. In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts

Directions





## Creamy Chicken Apple Salad



2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.

### Directions





Creamy Chicken Apple Salad

3. Serve salad over your choice of lettuce leaves, bread or crackers.



Directions

