

# Chilled Chicken Salad Apple Slices

PREP TIME: 10-15 MINUTES

YIELDS: 3 CUPS CHICKEN SALAD  
(EACH APPLE YIELDS ~8-9 LARGE SLICES)

## Ingredients

- $\frac{3}{4}$  cup whole milk yogurt, plain
- 1 tablespoon Dijon mustard
- $2\frac{1}{2}$  cups cooked chicken, shredded
- $\frac{1}{2}$  cup raw celery, thinly sliced
- $\frac{1}{4}$  cup dried cranberries
- $\frac{1}{4}$  cup red onion, chopped
- $\frac{1}{4}$  cup almonds, thinly sliced
- Salt & black pepper to taste
- 2-3 apples, cut into 1/4 inch slices/discs

## Nutrition Content per 1 Slice (out of 8)

Calories: 169kcal	Carbohydrates: 16g
Fat: 5g	Fiber: 3g
Protein: 16g	Added sugar: 3g
Sodium: 95mg	



## Directions

1. In a large bowl, add the yogurt and mustard.
2. Stir to combine.
3. Add the shredded cooked chicken, celery, dried cranberries, chopped red onion, and thinly sliced almonds.
4. Season as desired with salt and black pepper.
5. Stir to combine.
6. Slice the apples from top to bottom, creating large slices.
7. Scoop the chicken salad otop of the apple slices, creating little open-faced sandwiches.
8. Serve chilled.

## Chef Tips/Adjustments

- Red delicious apples are recommended as they provide a sweet taste, however any apple will work.
- Rotisserie chicken is recommended as it's packed with flavor, easy to shred (shred when warm, not chilled!), and already cooked.
- Substitute yogurt with mayonnaise for a calorie boost.

## Qualities

- Texture: Crunchy
- Scent: 2/10
- Spice Level: 0/10

## Recipe Benefits

- Promotes Gut Health
- Anti-Inflammatory

