

Creamy Chicken Salad With Apples and Raisins

Yield: 8 servings

Ingredients

1 pound boneless skinless chicken breasts
 1 tablespoon salt-free seasoning
 ½ cup low fat plain yogurt
 2 teaspoons dijon mustard, or Creole mustard
 2 tablespoons cider vinegar, apple
 2 each celery stalks, diced
 ¼ cup pecans, chopped
 1 each apple, diced small
 2 tablespoons raisins
 ½ teaspoon kosher salt
 ¼ teaspoon black pepper, ground

To Serve

8 each Wasa cracker, or other whole wheat bread

Instructions

1. Preheat oven to 350 degrees.
2. Trim chicken breast and season.
3. In a medium sauté pan, spray the pan and add chicken breast. Brown on both sides and then place on a half sheet pan and place in oven. Cook until internal temperature reads 165 degrees, about 10 minutes. Remove and allow to cool.
4. While the chicken is cooling, mix all other ingredients in a large mixing bowl.
5. Dice or shred the cooled chicken breast and add it to the sauce mixture.
6. Allow to set for 5 minutes (or you can leave overnight) in the refrigerator.
7. Serve a ½ cup of chicken salad with sliced cucumber and lettuce on top of Wasa crackers or whole wheat sandwich thins.

Nutrition Information

Serving Size: ½ cup and 1 Wasa cracker

Calories: 184
 Total Fat: 5.5 g
 Saturated Fat: 1.1 g
 Monounsaturated Fat: 0 g
 Sodium: 242.3 mg
 Total Carbohydrate: 11.8 g
 Dietary Fiber: 1.8 g
 Sugars: 5.2 g
 Protein: 20.9 g

Source: Goldring Center for Culinary Medicine

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