

## Creamy Chicken Apple Salad

Servings: 4

Total Time: 15 minutes

### Ingredients:

- 1 cup cooked chicken breast (chopped)
- ½ cup celery (diced)
- ½ cup apple (finely diced)
- 1 Tablespoon green onion (chopped)
- 1 ½ Tablespoons walnuts (chopped)
- 2 Tablespoons plain, yogurt (fat-free)
- 2 Tablespoons mayonnaise (light)
- ½ lemon (juiced)
- Pinch of black pepper

### Directions:

1. In a medium bowl, combine the chicken, green onions, apple, walnuts
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve salad over your choice of lettuce leaves, bread or crackers.

