

WALDORF CHICKEN

Time: 20 minutes

Serves: 6

Ingredients:

½ cup light mayonnaise
1 tablespoon fresh lemon juice
2 red apples – cored, cut in wedges then sliced
1 pound cooked chicken breast – cubed
4 stalks celery – diced
2 cups green grapes - halved
1 large shallot – finely chopped
1 clove garlic – very finely chopped or crushed
½ teaspoon fresh ground black pepper
6 tablespoons chopped walnuts

Preparation:

Whisk together the mayonnaise and lemon juice in a large bowl.

Add the apples and stir to coat well.

Gently mix in all remaining ingredients with the exception of the walnuts.

Plate the salad and top with the walnuts.

Nutritional Information Per Serving:

Calories: 286
Fat: 12g
Carbs: 21g
Fibre: 3g
Protein: 25g