

# Chicken Salad with Apples & Pecans



*This chicken salad recipe incorporates fresh and dried fruit and heart healthy nuts, which pack an extra shot of nutrients, flavor, and fiber into your lunch!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

1 lb.	Chicken Breast, boneless, skinless
1 Tbsp	Salt-free Seasoning of choice (see chef's notes)
1 Tbsp	Mayonnaise, light
½ cup	Yogurt, plain, low-fat
2 tsp	Mustard, Dijon or Creole
2 Tbsp	Apple Cider Vinegar
2 each	Celery Stalk, diced small
¼ cup	Pecans, chopped
1 each	Apple, diced small
2 Tbsp	Raisins
¼ tsp	Kosher Salt
To Taste	Black Pepper
To Serve:	
1 recipe	Toasted Pita Chips (see separate recipe)

## CHEF'S NOTES

Salt-free lemon pepper, curry powder, or creole seasoning are some delicious options for seasoning your chicken while being mindful of excess sodium typically found in store-bought blends. Check the nutrition label or make your own blend of dried herbs & spices to keep on hand.

Put the cooked chicken in the refrigerator while prepping the rest of the ingredients for a quicker cool down process. This recipe can also be made even quicker with leftover cooked chicken.

You could also serve on a slice of whole wheat toast, on whole grain sandwich thins, or on top of greens for a tasty salad.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Trim and cut chicken breast into bite sized pieces, and season with salt-free seasoning of choice.
3. Heat a medium **nonstick** sauté pan over medium-high heat, and gently spray with cooking oil. Once hot, add the chicken cubes and cook, flipping once, until the chicken is golden brown and reaches an internal temperature of 165°F, about 5-8 minutes. Remove the chicken from the pan and if desired, cut the chicken into smaller pieces for a shredded texture. Set aside to cool.
4. While the chicken is cooling, in a large bowl, combine the mayonnaise, yogurt, mustard, vinegar, celery, pecans, apple, raisin, salt and pepper. Mix the ingredients until combined. Add the cooled chicken and continue to fold together until well mixed.

# Nutrition Facts

6 servings per container

**Serving Size** 1/2 cup chicken salad (157 g)

Amount per serving

**Calories** **170**

% Daily Value \*

**Total Fat 6g** **8%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol 55mg** **19%**

**Sodium 210mg** **9%**

**Total Carbohydrate 9g** **3%**

Dietary Fiber 1g **5%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein 19g** **38%**

Vitamin D 0.02mcg 0%

Calcium 50mg 4%

Iron 0.53mg 3%

Potassium 400mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Nutrition Facts

6 servings per container

**Serving** 1/2 cup chicken salad with 4 pita

**Size** chips (197 g)

Amount per serving

**Calories** **280**

% Daily Value \*

**Total Fat 9g** **11%**

Saturated Fat 2g **9%**

*Trans* Fat 0g

**Cholesterol 55mg** **19%**

**Sodium 430mg** **19%**

**Total Carbohydrate 28g** **10%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

**Protein 23g** **46%**

Vitamin D 0.02mcg 0%

Calcium 100mg 8%

Iron 2mg 10%

Potassium 400mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*: Creamy Chicken Salad with Apples and Raisins (4/30/20)



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