

## Chicken Salad on the Light Side

Makes 6 servings



### Ingredients

- 1½ lb. of chicken breast skinless
- 4 cups of chicken stalk
- 1 onion - chopped
- 1 carrot - sliced
- ½ cup of mayonasié
- ½ cup of yogurt
- ¼ tsp of white pepper
- 2 granny smith apples - peeled, cored and diced
- 1 cup of celery - finely chopped
- ½ cup of dried cranberries
- ½ cup of pine nuts
- ½ cup of parsley - freshly minced
- 1 bunch of watercress
- 1 pint of cherry tomatoes

### Directions

- ☞ Combine the chicken, stock, carrots, onion, and herbs in a large pot.
- ☞ Bring to a boil, reduce the heat, and simmer over low heat 10 – 15 minutes, until the chicken is just cooked through
- ☞ Remove and chill the chicken.
- ☞ Save the broth for the soup
- ☞ Mix the mayonnaise, yogurt and white pepper to taste in a large bowl
- ☞ Stir in the apples, celery and cranberries. Dice the chicken and stir it into the dressing.
- ☞ Cover and chill
- ☞ When ready to serve, stir in the nuts and parsley. Add more yogurt, if desired.
- ☞ Mound the salad in the center of a platter and garnish with the watercress and

### Nutrients (approximately)

347 Calories per serving,  
Fat 16.9g, Saturated Fat 2.5g, Cholesterol 25.4mg,  
Sodium 737mg, Carbohydrates 34.5g, Fiber 5.4g,  
Sugars 19.4g, Protein 15.8g

Share this recipe with a friend!

## Chicken Salad on the Light Side

Makes 6 servings



### Ingredients

- 1½ lb. of chicken breast skinless
- 4 cups of chicken stalk
- 1 onion - chopped
- 1 carrot - sliced
- ½ cup of mayonasié
- ½ cup of yogurt
- ¼ tsp of white pepper
- 2 granny smith apples - peeled, cored and diced
- 1 cup of celery - finely chopped
- ½ cup of dried cranberries
- ½ cup of pine nuts
- ½ cup of parsley - freshly minced
- 1 bunch of watercress
- 1 pint of cherry tomatoes

### Directions

- ☞ Combine the chicken, stock, carrots, onion, and herbs in a large pot.
- ☞ Bring to a boil, reduce the heat, and simmer over low heat 10 – 15 minutes, until the chicken is just cooked through
- ☞ Remove and chill the chicken.
- ☞ Save the broth for the soup
- ☞ Mix the mayonnaise, yogurt and white pepper to taste in a large bowl
- ☞ Stir in the apples, celery and cranberries. Dice the chicken and stir it into the dressing.
- ☞ Cover and chill
- ☞ When ready to serve, stir in the nuts and parsley. Add more yogurt, if desired.
- ☞ Mound the salad in the center of a platter and garnish with the watercress and

### Nutrients (approximately)

347 Calories per serving,  
Fat 16.9g, Saturated Fat 2.5g, Cholesterol 25.4mg,  
Sodium 737mg, Carbohydrates 34.5g, Fiber 5.4g,  
Sugars 19.4g, Protein 15.8g