

Waldorf Chicken Salad

Serves 2

3.5 oz (100g) chicken, cooked, shredded or chopped

3 celery stalks, chopped

1 apple, peeled, deseeded, chopped

¼ cup (40g) raisins

¼ cup (30g) walnuts, chopped

1 tbsp. mayonnaise

1 tbsp. natural low fat yogurt

1 tbsp. lemon juice

3 oz. (90g) mixed salad leaves

What you need to do

1. Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.
2. Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

Vege Option: Instead of chicken add tofu.



GF	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	354	16	33	20

*Nutrition per serving

