



## Creamy Chicken Salad with Apples and Raisins

Prepare in the beginning of your week to have easy access to healthy, quick, and delicious lunches and dinners.

<b><u>U.S.</u></b>		<b><u>Metric</u></b>
1 lb	Chicken Breast, boneless, skinless	454 g
1 Tbsp	Salt-Free Seasoning (optional)	7 g
1 Tbsp	Mayonnaise, light	15 g
1/2 cup	Yogurt, Plain, low-fat	113 g
2 tsp	Mustard, Dijon or Creole	10 g
2 Tbsp	Apple Cider Vinegar	30 mL
2 each	Celery Stalk, diced small	2 each
1/4 cup	Pecans, chopped	28.5 g
1 each	Apple, diced small	1 each
2 Tbsp	Raisins	18 g
1/4 tsp	Kosher Salt	1.5 g
To taste	Black Pepper, ground	To taste
<i>To Serve</i>		
6 each	Wasa Crackers	6 each
1/2 each	Cucumber, thinly sliced	1/2 each
1 cup	Lettuce, rinsed	47 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Trim chicken breast and season with salt-free seasoning of choice, if desired. Salt-free lemon pepper, curry powder, or creole seasoning are some delicious options.
4. Spray a medium sauté pan with cooking spray or add 1 tsp of oil and place over medium-high heat. Add chicken breast and cook until the chicken is golden brown on the bottom. Flip the chicken, and then (if you pan is oven safe) place in the oven to finish cooking. If you pan is not oven save, place chicken on a baking sheet and place in the oven.
5. Bake for about 10 minutes, or until a thermometer inserted in the thickest part of the chicken reads 165°F (74°C). Set aside to cool.
6. While the chicken is cooling, add all remaining ingredients (not including the "to serve" ingredients) to a large bowl and mix thoroughly.
7. Dice or shred the cooled chicken breast and add it to the sauce mixture. Fold together thoroughly.
9. Serve ½ cup of chicken salad with sliced cucumber and lettuce on top of wasa crackers, whole wheat bread, or serve on top of greens as a part of a salad. Enjoy!

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## Nutrition Facts

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6 Servings

**Serving size** 1/2 cup and a Wasa Cracker

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**Amount per serving**

**Calories** 230

**Total Fat** 6 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 2.5 g

**Cholesterol** 55 mg

**Sodium** 280 mg

**Total Carbohydrate** 21 g

Dietary Fiber 4 g

Total Sugars 7 g

Includes 0 g Added Sugars

**Protein** 21 g

Vitamin D 0 %

Calcium 6 %

Iron 2 %

Potassium 400 mg

Phosphorus 190 mg

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