APPLE & CHICKEN SALAD

2 red apples

2 celery stalks, diced

2 skinless chicken breasts, cooked and diced

¼ cup plain, nonfat Greek yogurt

½ cup raisins

¼ cup mayonnaise

¼ tsp. salt

⅛ tsp. ground black pepper

16 lettuce leaves (Bibb, romaine, green or red leaf)

Directions

Cut the apples into quarters, remove the cores and then chop the quarters into bite-sized pieces.

In a medium-sized bowl, mix all the ingredients except the lettuce.

Arrange four lettuce leaves on a plate and top with one-fourth of the salad mixture.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	290
Total Fat	8 g
Protein	25 g
Carbohydrates	34 g
Dietary Fiber	4 g
Saturated Fat	2 g
Sodium	330 mg

Source: USDA