

# WALDORF CHICKEN SALAD

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## INGREDIENTS

1/2 cup plain or Greek non-fat yogurt  
1 teaspoon garlic powder  
1 teaspoon dried rosemary or 2 teaspoons fresh  
1 teaspoon freshly ground black pepper  
1/4 teaspoon kosher salt  
1 pound skinless, boneless chicken breasts, cooked  
2 celery stalks, chopped (about 1 cup)  
1 bunch green onions, chopped (white and some green)  
1 cup red or green seedless grapes, halved  
1 red apple, unpeeled and diced  
1/2 cup sliced almonds, toasted\*\* and chopped  
2 whole-wheat pita pockets, halved  
4 romaine lettuce leaves

## DIRECTIONS

1. Mix yogurt, garlic powder, rosemary, pepper and salt in a large bowl.
2. Toast nuts to bring out their flavor. Cook in a dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, or bake at 350° F for about 10 minutes.
3. Cut chicken into cubes (or shred into bite-size pieces). You should have about 2 1/2 cups cooked chicken.
4. Add chicken, celery, onion, grapes and apple to bowl. Mix well; refrigerate for an hour or two.
5. Top salad with nuts and serve on a bed of spinach or dark leafy greens, or as a pita sandwich.

## VARIATIONS & TIPS

- Instead of rosemary, use curry, paprika or a combination of your favorite herbs/spices.
- You could purchase a rotisserie chicken and shred 2 1/2 cups for the salad; use the rest in another meal.
- Chop yellow, white or red onions if you prefer them to green onions.
- You could replace the grapes with raisins or dried cranberries.
- Use toasted walnuts or pecans in place of the almonds.
- You could add shredded carrots as an additional veggie as well.

## POACHING CHICKEN

The healthiest and easiest way to cook chicken in a hurry is to **poach** it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes or until chicken reaches 165° internally.

## NUTRITION FACTS

**Salad Only** 332 Calories; 10 g Fat (1.4 g Saturated Fat); 22 g Carbohydrates; 4.5 g Fiber; 39 g Protein; Sodium 219 mg

**YIELD:** 4 servings (1 1/4 cup salad per serving, one-half pita, 1 lettuce leaf)

**TOTAL COST:** \$6.75

**COST PER SERVING:** \$1.69

**SOURCE:** Adapted from SkinnyMs.com

