CRANBERRY CHICKEN SALAD

Abby Johnson, master’s student
Department of Nutrition, Food and Exercise Science

Leftover chicken from Thanksgiving dinner? Make chicken salad with cranberries for a holiday touch. Pair with whole-grain toast and arugula for a delicious and festive lunch. Swap mayonnaise for plain Greek yogurt to decrease the fat.

Ingredients
1-pound chicken, cooked
1 cup plain Greek yogurt (0% fat)
1/2 cup cranberries, dried
2 tablespoon lemon juice
2 tablespoon Dijon honey mustard
1/2 cup celery, diced
1/3 cup walnuts, chopped

Combine Greek yogurt, lemon juice, Dijon honey mustard in a bowl. Add Greek yogurt mixture to chicken with celery, walnuts and cranberries.

Nutrition Facts
Serving size: 1/2 cup
Total Servings: 4
Calories: 280
Carbohydrates: 22 g
Fat: 8.5 g
Protein: 28 g