

CRANBERRY CHICKEN SALAD

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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