



## 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.

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken Breast, boneless, skinless	454 g
1 Tbsp	Salt-Free Seasoning	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
1/8 tsp	Salt, Kosher	1 g
1/4 tsp	Black Pepper, ground	0.6 g
<i>For Sandwich</i>		
6 each	Wasa Crackers	8 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.
4. Spray a medium sauté pan with Pam Spray and place over medium-high heat. Add chicken breast. Cook each side until golden brown. Remove from pan and place on a baking sheet.
5. Place the chicken in the oven. Cook for an additional 10 minutes. Remove from oven. With a thermometer, puncture the breast at the thickest center. Check to ensure the chicken has come to an internal temperature of 165°F (74°C). Set aside to allow cooling.
6. While the chicken is cooling: In a large mixing bowl, add all remaining ingredients (not including the "For Sandwich" ingredients). Mix thoroughly.
7. Dice or shred the cooled chicken breast and add it to the sauce mixture. Fold together thoroughly.
8. Allow to sit for 5 minutes (or you can leave overnight) in the refrigerator.
9. Serve ½ cup of chicken salad with sliced cucumber and lettuce on top of wasa crackers or whole wheat sandwich thins. Enjoy!

# 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

Calories from Fat 60

**Total Fat** 6 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 2.5 g

**Cholesterol** 55 mg

**Sodium** 230 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