
CRUNCHY CHICKEN SALAD

Gluten-Free, Nut-Free, Egg-Free

Yield: 5 servings (1 serving = 3/4 cup salad) **Total time:** 30-35 minutes



D'LISH

Ingredients

1. 3/4 lbs (12 ounces) boneless skinless chicken breast
2. 1/2 cup celery, chopped
3. 1/4 cup green pepper
4. 1/4 onion, chopped
5. 1/2 cucumber, chopped
6. 1/2 cup grapes
7. 1 apple, diced
8. 1/4 cup plain yogurt
9. 1/4 tsp salt
10. 1/4 tsp pepper
11. 1/2 lemon, zest and squeezed

Directions

1. Preheat oven to 350 degrees. Rub chicken with 1 tbsp olive oil and place on a baking sheet. Sprinkle with salt and pepper. Roast the chicken for 25-30 minutes. Let cool and cut into 3/4 -inch chunks.
2. Clean and chop celery, green pepper and apples into small pieces. Cut grapes in half.
3. Peel and chop onion and cucumber.
4. Clean, zest and squeeze lemon.
5. Put all the ingredients in a large bowl. Stir to combine. Serve on lettuce, multigrain or seeded crackers or bread.

Per serving: Calories: 140; Total Fat: 4.5g; Saturated Fat: 1g; Cholesterol: 50mg; Sodium: 65mg; Total Carbohydrates: 8g; Fiber: 1g; Protein: 17g

Grocery List

- Chicken
- Olive oil
- Celery
- Green pepper
- Onion
- Cucumber
- Apple
- Plain yogurt
- Salt
- Pepper
- Lemon

Kitchen Equipment

- Cutting boards
- Chef's knife
- Mixing bowl
- Mixing spoon
- Citrus Squeezer

Prep tip

- You can use leftover cooked chicken or enough cooked chicken to make 2 cups of chicken pieces.

Nutrition Information

- Chicken is a great source of protein, iron and zinc, as well as Vitamins B3, B6, B7 and B12, helping boost metabolism and the immune system, while also lowering cholesterol and promoting normal function of the brain and nervous system.
- Boneless skinless chicken salad made with breast meat (as opposed to dark meat, chicken cooked with skin on or store-bought rotisserie chicken) will contain less cholesterol and saturated fat. Celery, onion and any other produce incorporated in the salad will add vitamins, minerals and fiber.
- By substituting yogurt for mayo in your recipe you will reduce the amount of saturated fat and calories found in traditional chicken salads.

Notes