

APPLE CHICKEN SALAD



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SERVINGS: 6 | **SERVING SIZE: 2/3 CUP**

★ **Calories:** 230 **Total Fat:** 9g **Saturated Fat:** 2g **Sodium:** 280mg **Carbohydrates:** 9g **Fiber:** 1g **Protein:** 4g

INGREDIENTS

- 1 10-ounce can of chicken, drained (or 1 skinless chicken breast; or 6 skinless drumsticks; or 2 legs, cook and chopped)
- 3 tablespoons mayonnaise (or plain yogurt)
- 1 tablespoon honey (or table syrup)
- 1 cup apples, cut into 1/4 inch pieces
- 1/8 to 1/4 cup onions, cut into 1/4 inch pieces
- 2 tablespoons raisins
- 1/4 teaspoon black pepper

DIRECTIONS

In a large mixing bowl, combine all ingredients. Mix well.

Note: Enjoy the chicken salad on a sandwich or on a lettuce wrap.

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