

## MARCH: GREEN APPLE CHICKEN SALAD

PREP TIME: 25 MINS TOTAL TIME: 25 MINS SERVES: 6

### Ingredients:

½ cup mayonnaise  
2 tablespoons cider vinegar  
1 tablespoon Dijon mustard  
2 cooked boneless and skinless chicken breasts, diced (a generous 2 cups)  
2 small celery stalks, cut into small dice  
½ red onion, cut into very small dice  
½ green apple, cored and cut into medium dice  
½ cup currants (raisins may be substituted)  
Salt and pepper, if desired

### Directions:

In a large bowl, whisk together the mayonnaise, cider vinegar and Dijon mustard to form the dressing.

Add to the bowl: chicken, celery, onion, apples and currants.

Toss everything together, taste and adjust the seasoning if desired.

Chill before serving.

This makes about 1 quart chicken salad.

SERVING SIZE: ½ CALORIES: 188 FAT: 11 G SATURATED FAT: 1 G TRANS FAT: 0 CARBOHYDRATES: 10 G SUGAR: 7 G SODIUM: 163 MG FIBER: 1 G PROTEIN: 12 G CHOLESTEROL: 39 MG



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