



# Cranberry Apple Chicken Salad

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*Recipe Source: Healthy Utah Test Kitchen Staff*

*Serves 2*

## **Ingredients:**

½ cup plain non-fat Greek yogurt  
2 TBSP Dijon mustard  
Dash freshly ground pepper  
1 TBSP fresh rosemary, minced  
Meat from chicken back rotisserie chicken, skin removed  
½ cup chopped celery  
¼ cup dried cranberries  
1 large apple, chopped (use favorite variety)  
1 TBSP toasted slivered almonds (optional)

## **Steps:**

- In a small bowl, whisk together yogurt, mustard, pepper and rosemary and set aside.
- Place remaining ingredients into a large bowl, add yogurt mixture and stir to combine.
- Cover with plastic wrap and place into the refrigerator to chill. Serve on favorite bread or on top of a bed of mixed greens.

**Nutritional Facts (per serving):** Calories: 410, Carbohydrates: 54.5 grams, Protein: 17.5 grams, Total Fat: 15.5 grams, Saturated Fat: 8.5 grams, Cholesterol: 16 mg, Sodium: 942 mg, Fiber: 13 grams, Total Sugars: 5 grams.