

## Chicken Salad with Apple & Toasted Walnuts

**Yield:** 4 servings

**Total Time:** 15 minutes

### Ingredients

- 1/3 cup walnuts or other favorite nuts (see Tips)
- 1/4 cup reduced fat mayonnaise
- 1/4 cup plain fat free yogurt
- 1/8 tsp ground black pepper, or to taste
- 10 ounces canned chicken breast, drained
- 2 cups Granny Smith apple, chopped
- 4 six-inch whole wheat pita pockets

### Preparation Instructions

1. Preheat conventional oven or toaster oven to 350°F. Layer nuts in a single layer on baking sheet and bake 3-5 minutes or until toasted.
2. Break up nuts once cooled by chopping with knife or placing in sealed plastic bag and crush.
3. Mix mayonnaise, yogurt and pepper in a large bowl.
4. Add chicken, apple, and nuts and mix well.
5. Stuff into whole wheat pita pocket and enjoy.

### Nutrition Analysis

Per serving: 260 calories; 11g fat (2g saturated, 0g trans); 50mg cholesterol;  
450mg sodium; 25g carbohydrate (7g fiber; 9g sugar); 21g protein.  
Vitamin A 2%, Vitamin C 6%, Calcium 6%, Iron 8% Daily Value.

### Tips

Toast the nuts in a small dry skillet on medium heat until they are golden brown and fragrant for more flavor; or use untoasted nuts. To reduce sodium, rinse and drain chicken. To make this recipe kosher, omit yogurt and add mayonnaise.

### Cost

Per serving: \$1.97

Total ingredient cost: \$17.64

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