

Waldorf Chicken Salad

6 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 2 cups cooked boneless, skinless, chicken breast, cut into cubes
- 1 stalk celery, finely chopped
- 1 cup grapes, halved
- 1 medium apple, cored and diced
- ¼ cups pecans, chopped
- 2 Tablespoons mayonnaise
- 2 Tablespoons nonfat plain Greek yogurt
- 2 teaspoons Dijon mustard

DIRECTIONS

1. In a large bowl, combine the chicken celery, grapes, apple, and pecans.
2. In a smaller bowl, combine the mayonnaise, yogurt, and mustard. Stir well to combine.
3. Add the dressing to the larger bowl and stir gently to combine.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 118mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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