

CRUNCHY CHICKEN SALAD

Makes: 5 servings | Total Time: 25 minutes

INGREDIENTS

- 2 cups cooked chicken (chunked)
- 1/2 cup celery
- 1/4 cup sweet pepper
- 1/2 cucumber
- 1/2 cup grapes
- 1 small apple (diced with the peel left on)
- 1/4 cup plain yogurt
- 1/2 teaspoon onion powder

TIP

Serve over lettuce, on whole wheat bread or with whole wheat crackers.

INSTRUCTIONS

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery and sweet pepper into small pieces.
3. Peel and chop half of a cucumber.
4. Cut the grapes in half.
5. Chop the apple into half-inch cubes.
6. Place all ingredients in a large bowl, and gently stir until combined.