

## GRILLED CHICKEN WALDORF SALAD

Makes 2 salads

2 boneless chicken breasts, grilled and sliced  
1/3 cup pecan halves  
2 stems celery, thinly sliced  
1/2 red apple, thinly sliced  
1 handful red grapes, halved  
1/2 small red onion, finely chopped  
1-2 oz blue cheese  
2 tbsp olive oil mayonnaise  
2 tbsp plain yogurt  
1 tsp white wine vinegar  
3 large handfuls of baby salad greens  
Salt and pepper to season

Combine pecans, celery, apple, grapes, red onion and blue cheese into a medium bowl. Into a small bowl, whisk mayonnaise, yogurt, vinegar, and dash of salt and pepper to season to make a dressing. Dress the fruit salad with yogurt dressing.

To assemble, place large bed of salad greens on your plate. Top with 1/2 the fruit salad and 1 sliced chicken breast.

Adapted recipe from Fresh & Easy by Jane Horny

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