

Grilled Chicken Waldorf Salad

Makes 2 salads

INGREDIENTS

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 or avocado oil mayonnaise
2 tbsp plain yogurt
1 tsp white wine vinegar
3 large handfuls of baby salad greens
Salt and pepper to season

INSTRUCTIONS

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 the 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 Hornby