

Apple and Chicken Salad with Rosemary

Servings

4

Calories

220

Prep Time

15 minutes

Total Time

0 minutes

Skill Level

Easy

Ingredients

- ½ cup plain Greek yogurt
- Finely grated zest of 1 lemon
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- ¾ teaspoon fine sea salt
- ½ teaspoon black pepper
- 1 rotisserie chicken
- 1 celery rib, diced
- 1 small red apple, cored and diced
- ¼ cup chopped toasted pecans
- 1 tablespoon minced fresh rosemary
- 1 package MANN® Better Crunch Lettuce





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The Method

1. In a large bowl whisk to combine yogurt, lemon zest and juice, mustard, salt, and pepper.
2. Remove breasts from chicken, discard the skin, and dice the meat. Reserve chicken legs for another use.
3. To bowl with yogurt dressing add diced chicken, celery, apple, pecans, and rosemary and stir well to combine.
4. Serve chicken salad in lettuce leaves.

Nutrition Facts

Serving Size: 1 Cup Chicken Salad & 6 lettuce leaves | Servings: 4

Amount Per Serving

Calories 220 | Total Fat 7g (sat fat 1g trans 0g) | Cholesterol 75mg | Sodium 830mg | Total Carbohydrate 11g | Dietary Fiber 3g |
Sugars 5g (Includes 0g Added Sugars) | Protein 28g | Vitamin D 0mcg 0% | Calcium 77mg 6% | Iron 2mg 10% | Potassium 612mg 15%