



Texas Diabetes Institute

University Health System

Fruity Chicken Salad

Preparation Time: 10 minutes

Number of Servings: 4

Ingredients:

1 fresh apple, your choice

½ cup red or white seedless grapes

1 stalk of celery, chopped

¼ cup chopped pecans

1/3 cup fat-free mayonnaise

Black pepper to taste

One 12.5 oz can 98% or 99% fat-free white meat chicken, drained



Directions

Drain chicken and place into a large mixing bowl. Keeping skin on, chop an apple into small bite-sized pieces and add to chicken. Chop grapes and celery; add to chicken mixture along with pecans. Add mayonnaise, and mix until well-incorporated and creamy. Season with black pepper to taste and serve over a bed of salad greens or over a fresh sliced tomato.

Nutrient Analysis:

Calories: 212

Carbohydrates: 15 grams

Fiber: 4 grams

Protein: 18 grams

Total fat: 9 grams

Saturated fat: 1.5 grams

Sodium: 530 milligrams

Source: Aimee Wauters, MS, RD, CDE