

## Cranberry-Crunch Chicken Salad Yield: 10 servings

### Ingredients

- 3 cups diced roasted chicken or turkey
- 2 cups cooked brown rice
- 2 cups peeled chopped Granny Smith apples (about 2 medium)
- 1 cup thinly sliced celery
- ½ cup dried sweetened cranberries
- ½ cup chopped walnuts or toasted pecans
- 1/3 cup mayonnaise
- 2/3 cup plain non-fat yogurt

### Directions

1. Combine chicken or turkey, brown rice, apples, celery, cranberries, and nuts in a large bowl. Mix well.
2. Add the mayonnaise and yogurt. Cover and refrigerate for at least 2 hours before serving. Serve over a bed of fresh salad greens.

### Nutrition Information

Nutrition information per serving (1 cup serving size): Calories – 238; Protein – 15 g; carbohydrate – 18 g; fiber – 2 g; fat – 11 g; cholesterol – 40 mg; sodium – 272 mg