

Creamy Chicken Apple Salad

This salad is a low-carb, power food dynamo. Easy to prepare and packed full of good nutrition - protein from chicken, fiber from apple, and healthy fat from the walnuts. This is a quick diabetes-friendly recipe.

Ingredients

1 cup of canned chicken

1 green onion

1 stalk of celery

1/2 of a medium apple (diced)

1.5 tbsp. of walnuts (chopped)

1/4 cup of light mayonnaise

1.5 tsp. of lemon (juiced)

black pepper - to taste

Directions

1. In a medium bowl, combine the chicken, green onion, celery, apple, and walnuts.
2. In a small bowl, whisk together the mayonnaise, lemon juice, and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve salad over your choice of lettuce leaves, bread, or crackers.

Source: Diabetes Food Hub