



Waldorf Chicken Salad

4 ounces of cooked chicken

1 tablespoon light mayonnaise

1 tablespoon Greek yogurt-plain

½ tablespoon fresh lemon juice

½ c grapes cut in half

½ c chopped celery

½ c chopped apples

¼ c chopped walnuts

Salt and pepper to taste

Lettuce of your choice

In a mixing bowl, combine mayonnaise, lemon juice, and yogurt. Add grapes, celery, apples, and walnuts-gently mix. Add salt and pepper to taste. Serve over lettuce of your choice.

Enjoy!