

CRANBERRY CHICKEN APPLE BITES

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 1 oz

Nutrition (per serving)

Calories: 173

Total Fat: 4.8 g

Saturated Fat: 0.7 g

Sodium: 44 mg

Total Carbohydrate: 17.4 g

Dietary Fiber: 3.4 g

Protein: 15.7 g



Ingredients

2 cups chicken, shredded

1/2 stalk celery, diced

1 green onion, sliced thinly

1/3 cup dried cranberries

1/4 cup walnuts or pecans, chopped

1/4 cup mayonnaise (use lowfat Greek yogurt if you want to lower the fat in this recipe)

1/2 tsp Dijon mustard

2 apples



Directions

1. Wash apples. Core and slice apples into flat rings. Apple slices are the base of your snack.
2. Mix all ingredients except the apple slices in a bowl. Mix well.
3. Top each apple slice with a scoop of chicken salad.

This recipe makes 12 oz. chicken salad. With one ounce chicken salad per apple slice, you will have 12 servings. If you want to serve as a meal, chop 1/2 cup of apple and add to the cranberry chicken salad. You can then add about 3 oz chicken salad to a wrap with spinach leaves or lettuce. The nutrition information is for 1 oz chicken salad and one apple slice. Nutrition information will vary slightly with type of apple chosen and thickness of apple slices.