Apple Walnut Chicken Salad
Serves 2

1 cup cooked chicken breast, cut into ½” cubes
½ cup celery, chopped
1 cup Granny smith apples, chopped
½ cup chopped walnuts
2 Tbsp golden or regular raisins
½ cup reduced calorie Italian salad dressing
10 cups mixed greens (spinach, romaine, baby kale, spring mix, etc)

Stir together all ingredients except the mixed greens. Toss with the dressing until all ingredients are coated. Serve over the mixed greens (or with whole wheat bread as a sandwich) and enjoy! Season with salt and pepper as desired.

Serving size: 3-4 cups
450 calories per serving, 21 grams protein, 30 grams fat, 30 grams carbs, 7 grams fiber