**Healthy Chicken Salad with Apples & Cranberries**

(I added chopped pecans)

Leftover rotisserie chicken, apples, celery, and dried cranberries in a light and creamy dressing, this easy healthy chicken salad with apples and cranberries is a lunchtime favorite.  
It is also a “No Cook” meal that does not warm up the motor home or boat in summer.  
 

PREP TIME  
10 MINS  
COOK TIME  
0 MINS  
TOTAL TIME  
10 MINS  
Servings (adjustable):   
4  
Calories: 220

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Ingredients

2 ½ cups chopped cooked chicken  
3 stalks celery, chopped  
1 cup chopped apple, about 1 large; I used a Pink Lady and kept the peel because it was organic  
¼ cup dried cranberries  
½ cup nonfat plain Greek yogurt  
2 tablespoons Hellman's light mayonnaise  
2 teaspoons lemon juice  
2 tablespoons chopped parsley (optional)  
Salt and pepper to taste

Instructions  
Place the chicken, celery, apple and cranberries in a bowl and stir to combine and then set it aside.  
In a small bowl, stir together the yogurt, mayonnaise and lemon juice.  
Add this to the chicken mixture and stir to mix well.  
Stir in the parsley if desired.   
Season to taste with salt and pepper.  
   
Equipment  
   
Mixing Bowls  
Chef Knife  
Cutting Board  
Recipe Notes  
Variations:  
No chicken? Substitute leftover turkey, canned chicken or canned tuna.  
No mayonnaise? Use all plain Greek yogurt instead.  
No yogurt? Use all light mayonnaise instead.  
No dried cranberries? Most any chopped dried fruit would work.  
Serving size: 1 cup  
Amount Per Serving (1 cup)  
Calories 220Calories from Fat 45  
% Daily Value\*  
Fat 5g8%  
Carbohydrates 13g4%  
Fiber 2g8%  
Protein 28g56%  
\* Percent Daily Values are based on a 2000 calorie diet.  
<https://simple-nourished-living.com/myww-purple-zeropoint-foods-list/>