APPLE CHEDDAR CHICKEN SALAD

INGREDIENTS

12 oz cooked chicken breast, sliced or shredded
6 cups mixed salad greens
2 medium apples, thinly sliced
½ cup shredded sharp cheddar
¼ cup chopped walnuts
¼ cup red onion, thinly sliced
¼ cup dried cranberries

APPLE CIDER VINAIGRETTE

2 tbsp olive oil
2 tbsp apple cider vinegar
1 tsp Dijon mustard
1 tsp honey
¼ tsp garlic powder
Salt & pepper to taste

DIRECTIONS

1. Prepare and slice cooked chicken.
2. Combine greens, apples, cheddar, walnuts, red onion and cranberries in a large bowl.
3. Whisk dressing ingredients together.
4. Drizzle over salad and toss gently. Serve immediately.

NUTRITION INFORMATION

MAKES: 4 SERVINGS
SERVING SIZE: ¼ OF RECIPE
PER SERVING (APPROXIMATE)
CALORIES: ~390
PROTEIN: ~34G
FAT: ~20G
FIBER: ~4G
SUGAR: ~17G

Estimates include the vinaigrette; values vary with chicken preparation, apple size and ingredient brands.

💛 **SIMPLE TIPS**

- Use leftover chicken or rotisserie chicken for a quick and easy meal.
- Perfect for lunch, dinner or meal pre

📱 SCAN FOR MORE RECIPES

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