



Healthy Waldorf Chicken Salad

Jacob · 30/09/2024



Prep Time

4

Difficult

Medium

Servings

4 servings

Description

Chicken salad is one of the most versatile sandwich fillings. You can go bold by adding in hot sauce and celery with carrots; you can go sweet with grapes and oranges; or even more complex with curry. The one factor is generally mayonnaise, and while creamy and delicious, it packs excess fat and calories. My Waldorf chicken salad lightens up with Greek yogurt. Savory Spice Shop Park Hill maple pepper is a match made in heaven with this recipe.

Ingredients

- 3 ounces plain Greek yogurt - 1 teaspoon apple cider vinegar - 1/2 teaspoon poppy seeds - 2 teaspoons maple pepper seasoning (such as Savory Spice Shop® Park Hill) - salt to taste - 6 ounces chopped
- cooked chicken - 1/2 cup chopped Honeycrisp apple - 1/4 cup chopped toasted walnuts - 1 tablespoon milk
- or as needed (Optional)

Instructions

1. Stir together yogurt
2. vinegar
3. poppy seeds
4. maple pepper seasoning
5. and salt in a bowl. Add chicken
6. apple
7. and walnuts; mix to combine. If mixture seems too thick
8. add milk until desired consistency is reached