



## Apple Chicken Salad Pepper Boats



1/2 of recipe (2 pepper boats): 265 calories, 9g total fat (1g sat. fat), 252mg sodium, 15g carbs, 4g fiber, 9g sugars, 29g protein

[Click for WW Points® value\\*](#)

**Prep:** 10 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

### Ingredients

- 2 large red, yellow, or orange bell peppers
- 2 tbsp. fat-free plain Greek yogurt
- 2 tbsp. light mayonnaise
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 1 dash salt
- 6 oz. cooked and chopped skinless chicken breast
- 1/3 cup chopped apple
- 2 tbsp. chopped scallions
- 1/4 oz. (about 1 tbsp.) sliced almonds

### Directions

Slice off stem ends of peppers. Halve peppers lengthwise. Remove and discard seeds.

In a medium bowl, combine yogurt, mayo, garlic powder, onion powder, and salt. Mix well.

Add chicken and apple to the bowl. Toss to coat.

Fill pepper halves with chicken salad. Top with scallions and almonds.

**MAKES 2 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.