



Chicken Salad Apple Sandwiches



1/5th of recipe (1 sandwich): 99 calories, 3g total fat (0.5g sat fat), 82mg sodium, 9g carbs, 1.5g fiber, 6g sugars, 8.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

2 large Granny Smith apples
1 1/2 tbsp. fat-free plain Greek yogurt
1 1/2 tbsp. light mayonnaise
1/4 tsp. garlic powder
Dash salt
4 1/2 oz. cooked and finely chopped skinless chicken breast
2 tbsp. finely chopped red onion
1 tbsp. sweetened dried cranberries, chopped
1/4 oz. (about 1 tbsp.) chopped pecans

Directions

Cut apples into 10 round 1/4-inch-thick slices. (Discard seeds and cores.)

In a medium bowl, combine yogurt, mayo, garlic powder, and salt. Mix well. Add chicken, onion, chopped cranberries, and pecans, and stir to mix and coat.

Evenly divide chicken mixture among five apple rounds, and top with remaining five apple rounds to form the sandwiches.

MAKES 5 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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