



Chicken Salad Apple Sandwiches



1/5 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

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Prep: 10 minutes



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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
1 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

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