



Apple Walnut Chicken Salad



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Introduction

The Apple Walnut Chicken Salad is a delightful blend of flavors and textures, perfect for a light lunch or as a side dish. This recipe combines tender chicken, crunchy walnuts, and sweet apples, all brought together with a creamy dressing. It's not only delicious but also packed with nutrients, making it a healthy choice for any meal.

Detailed Ingredients with measures

Chicken breast – 2 cups, cooked and diced

Apple – 1 large, cored and chopped

Walnuts – 1/2 cup, chopped

Celery – 1/2 cup, diced

Greek yogurt – 1/2 cup

Mayonnaise – 1/4 cup

Dijon mustard – 1 tablespoon

Lemon juice – 1 tablespoon

Salt – to taste

Pepper – to taste

Prep Time

The preparation time for this chicken salad is approximately 15 minutes, making it a quick and easy recipe to whip up when you're short on time.

Cook Time, Total Time, Yield

Cook Time: 0 minutes (using pre-cooked chicken)

Total Time: 15 minutes

Yield: Serves 4

This Apple Walnut Chicken Salad is not only easy to prepare but also a vibrant dish that offers a burst of flavor with every bite. Enjoy it on its own, in a sandwich, or atop a bed of greens for a satisfying meal.



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Detailed Directions and Instructions

Prepare the Chicken

Cook the chicken breasts until they reach an internal temperature of 165°F. You can either grill, boil, or sauté them based on your preference. Allow the chicken to cool before chopping into bite-sized pieces.

Combine Ingredients

In a large mixing bowl, add the chopped chicken, diced apples, walnuts, and dried cranberries. Mix well to ensure even distribution of all ingredients.

See also Old-Fashioned Chocolate Pudding Pie

Make the Dressing

In a separate small bowl, whisk together mayonnaise, apple cider vinegar, salt, and pepper. Adjust the flavors according to your taste.

Mix Dressing with Salad

Pour the dressing over the chicken mixture. Stir gently until all the ingredients are evenly coated with the dressing.

Chill the Salad

Cover the bowl and refrigerate the chicken salad for at least 30 minutes. This allows the flavors to meld together, enhancing the overall taste.

Serve

Once chilled, serve the apple walnut chicken salad on a bed of lettuce or as a filling for a sandwich. Garnish with additional walnuts or apple slices if desired.

Notes

Chicken Options

Feel free to use rotisserie chicken to save time, or substitute with shredded turkey if preferred.

Apple Variations

You can use different types of apples depending on your taste preference, such as Granny Smith for tartness or Fuji for sweetness.

Storage

Store any leftovers in an airtight container in the refrigerator. The salad is best consumed within 3-4 days.

Serving Suggestions

This salad pairs well with whole grain crackers or can be served in a wrap for an on-the-go meal.



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Cook Techniques

Chopping

Chop the apples and walnuts into small, bite-sized pieces to ensure they mix well with the salad ingredients and enhance the flavor balance.

Shredding

Shred the cooked chicken to create a more tender texture that can easily absorb the flavors of the dressing.

Mixing

Combine all the ingredients in a bowl gently to maintain the integrity of the chopped apples and walnuts, allowing the flavors to meld without becoming mushy.

See also [Strawberry Cheesecake Milkshake](#)

Seasoning

Add salt and pepper as needed to enhance the overall taste of the salad, adjusting according to personal preference.

Chilling

Allow the salad to chill in the refrigerator for at least 30 minutes before serving, as this helps to meld the flavors and create a refreshing dish.

FAQ

Can I use any type of apple for this salad?

Yes, you can use any type of apple, but sweet and crisp varieties like Granny Smith or Honeycrisp tend to work best.

Can I substitute the walnuts with another nut?

Absolutely! You can substitute walnuts with pecans, almonds, or any nut of your choice based on your taste preferences.

Is this salad suitable for meal prep?

Yes, this salad can be made ahead of time and stored in the refrigerator, but it's best to add the dressing just before serving to maintain freshness.

How long will the salad stay fresh in the fridge?

The salad can stay fresh in the refrigerator for up to three days if stored in a sealed container.

Can I add other ingredients to the salad?

Yes, feel free to customize the salad by adding other ingredients like dried cranberries, celery, or different fruits according to your taste.



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Conclusion

This Apple Walnut Chicken Salad is a delightful blend of flavors and textures, combining the crunch of walnuts, the sweetness of apples, and the protein-rich goodness of chicken. It's not only a satisfying dish but also a healthy choice that can serve as a meal prep option or a quick lunch. The recipe is versatile, allowing for adaptations based on personal preferences, making it a staple for any salad lover.

See also [Blueberry Cheesecake Rolls](#)

More recipes suggestions and combination

Spinach Strawberry Salad

Combine fresh spinach with sliced strawberries, almonds, and feta cheese for a refreshing salad that captures the essence of spring.

Quinoa Chickpea Salad

A hearty mix of quinoa and chickpeas tossed with diced cucumbers, cherry tomatoes, and a lemon vinaigrette for a protein-packed option.

Tuna Avocado Salad

Mix canned tuna with avocado, diced red onions, and celery for a creamy, healthy salad that's perfect for a quick meal.

Greek Pasta Salad

A delicious combination of cooked pasta, olives, cherry tomatoes, cucumbers, and crumbled feta cheese dressed in a tangy olive oil and vinegar dressing.

Caprese Salad with Pesto

Layer fresh mozzarella, tomatoes, and basil drizzled with pesto for an Italian classic that brings vibrant flavors to the table.



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