



Frugal -Chicken Salad with Apples



Serving: 4



Cook Time: 15 mins



Level: Easy



INGREDIENTS

- 3 cups chopped cooked chicken
- 1 apple (1.5 cups chopped)
- 1/4 cup diced red onion
- 1/4 cup dried cranberries
- 1/3 cup mayonnaise
- 1/3 cup plain yogurt
- 1 Tbsp Dijon mustard
- 1 Tbsp red wine vinegar
- 1/4 tsp salt
- 1/4 tsp freshly cracked black pepper

PREPARATION

1. Chop the cooked chicken and the apple into small pieces. Finely dice the red onion.
2. Place the chicken, apple, onion, and dried cranberries in a large bowl.
3. Combine the mayonnaise, yogurt, Dijon, red wine vinegar, salt, and pepper in a bowl. Stir until smooth.
4. Pour the dressing over the salad ingredients in the bowl and stir until everything is coated. Serve immediately or refrigerate until ready to eat.