

## Waldorf Chicken Salad

3 6-oz. fat-free vanilla yogurts  
½ tsp cinnamon  
2 Granny Smith apples, chopped  
2 tsp lemon juice  
2 cups cooked chicken, chopped  
½ cup chopped celery  
½ cup green grapes, sliced in half  
Leafy lettuce  
Chopped walnuts for garnish

For dressing, in a small bowl stir together the yogurt and cinnamon. Set it aside. In a large mixing bowl, toss the apple pieces with the lemon juice. Stir in the chicken, celery and grapes. Add the yogurt dressing. Stir until thoroughly combined. Cover and chill for 30 minutes to blend the flavors.

To serve, take the leafy lettuce and line a bowl or tear strips and put in the salad bowl. Stir the chicken mixture and then spoon over the lettuce. Sprinkle with the walnuts.

Makes 6 servings.

For variety, try apple pie spice, allspice, pumpkin pie spice or ginger for the cinnamon. Also works great with turkey. Add raisins, cranberries or dates if desired as well.