

C's Chicken Waldorf Salad

-this doesn't keep well for more than 2 days-

Yields: *about ten 2 unit portions all 3 macro nutrients (1 level cup)*
about nine 3 unit portions all 3 macro nutrients (1 heaping cup)
about seven 4 unit portions all 3 macro nutrients (1 1/2 cup)
about five 5 unit portions all 3 macro nutrients (2 level cups)

Ingredients:

3 cups Cooked Chicken Breast, diced
3 cups Fuji or Gala Apple, about 2 large, diced
2 1/2 cups Granny Smith Apple, about 1 large, diced
1 cup Seedless Green Grapes, halved
1 cup Seedless Red Grapes, halved
1 cup Celery, finely chopped
1/3 cup Golden Raisins
1/4 cup Toasted Pecans, chopped
1/3 cup Kraft Light Mayo
1/3 cup Dannon Fit -n- Light Vanilla Yogurt
2 1/2 Tbsp. Light Sour Cream

Directions:

Step 1: Cook chicken. Cool completely. Dice.

Step 2: Combine all ingredients in a large bowl.
Stir well. Portion out your amount. Chill.