

Apple & Chicken Salad Recipe

Make Half Your Plate Fruits & Veggies



A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

Recipe Cost for 4 People: \$6.86 (\$1.72/serving)*

Preparation Time: 15 minutes

- 2 Cameo apples
- 2 celery stalks, diced
- ½ cup raisins
- 2 chicken cooked skinless breasts, diced (about 2 cups)
- ¼ cup plain non-fat Greek yogurt
- ¼ cup mayonnaise
- ¼ tsp salt
- 1/8 tsp ground black pepper
- 16 leaves lettuce (Bibb, romaine, green or red leaf)

Cut apple in quarters; remove core and chop. In a medium size bowl, mix all ingredients except lettuce. To serve, arrange lettuce on serving plates, top with apple and chicken salad.

Weekly Meal Planning Tip: When you're planning a dinner with chicken, cook up extra chicken breast and refrigerate for later use in this salad

Complete this Healthy Plate: Serve with 8 oz non-fat milk and 1 slice rustic whole grain bread.

Serves: 4

Easy Summer Pasta Salad

This Easy Summer Pasta Salad recipe is loaded with summer vegetables and perfect for summer BBQ's and potlucks.

5 from 2 votes

PREP TIME 10 mins

COOK TIME 10 mins

TOTAL TIME 20 mins

CUISINE American

SERVINGS 10

Ingredients

- 1 pound dry pasta (*we used farfalle*)
- 1 small yellow bell pepper, *seeds removed and diced*
- 1 small red bell pepper, *seeds removed and diced*
- 1 small orange bell pepper, *seeds removed and diced*
- 1 large seedless cucumber, *chopped*
- 12 oz jar artichoke hearts in water, *drained and chopped*
- 1 pint grape tomatoes, *halved*
- 1 cup balsamic vinaigrette (*can use store bought*)
- 1 cup crumbled feta cheese
- 1/3 cup finely chopped basil
- Salt and black pepper, *to taste*

Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente; drain, then rinse with cold water to cool.
2. In a large bowl, combine pasta, peppers, cucumber, artichoke hearts, and tomatoes. Pour the balsamic dressing over the pasta salad and gently stir to combine. Add the feta cheese and basil and stir again. Season with salt and pepper, to taste. Chill until ready to serve.

YIELD: 12 VEGGIE CUPS

individual veggie cups party appetizer



Forget the vegetable tray, these little individual veggie cups are the perfect appetizer for any occasion... Easy clean up and NO double dipping!

PREP TIME 15 minutes

TOTAL TIME 15 minutes

 **MEDIAVINE**

ingredients

- 1.5 cups [Heluva Good!](#) French Onion or Buttermilk Ranch dip, divided

heluva good

- 1 yellow bell pepper, sliced
- 1 orange bell pepper, sliced
- 3 stalks celery, sliced
- 2 cups sugar snap peas
- 1 pint cherry tomatoes

instructions

1. Divide the [Heluva Good!](#) dip between 12 sturdy plastic cups, 2 tablespoons per cup.
2. Arrange the fresh cut veggies in each cup using toothpicks to hold the cherry tomatoes in place.
3. Cover loosely with plastic wrap until ready to serve. Surround the cups with ice if the weather is extremely hot.

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