

## **Apple Walnut Chicken Salad**

Chicken salad is one of my favorite ways to use cooked chicken from meal prep. The salad keeps for a few days in the fridge for fast and easy meals and snacks. For the mayonnaise look for those with 100% avocado oil, expeller pressed safflower oil, or try making your own. Avoid products that list damaged oils like canola or soybean in the ingredient statement.

Prep Time: 20 mins

Total Time: 20 mins

Makes: 4 servings

### **Ingredients:**

3 cups chopped cooked chicken  
1 medium apple, cored and chopped  
1/2 cup chopped celery  
1/2 cup chopped toasted walnuts  
1/4 cup chopped green onions  
1/3 cup mayonnaise  
1 tablespoon apple cider vinegar  
Salt and pepper to taste

### **Directions**

1. Mix all ingredients in a bowl until well combined.
2. Serve over salad greens or in lettuce cups.
3. Store refrigerated.