



Chicken Waldorf Salad

This variant, great for a lunch, is adapted from a recipe by Charlotte Lyons, in Ebony Magazine.

1 small apple, diced
2 teaspoons lemon juice
1 cooked chicken breast half, cut-up
1 celery rib, sliced
1 green onion, thinly sliced
2 tablespoons chopped walnuts
3 tablespoons mayonnaise
Salt and pepper to taste
Lettuce leaves

Place the diced apple in a mixing bowl with lemon juice and toss to coat. Add the chicken, celery, green onion and walnuts. Toss to combine. Spoon the mayonnaise onto the chicken mixture and toss to coat. Season with salt and pepper. Line bowl with lettuce leaves and spoon onto leaves. Yields 1 serving
