

Heart Health

February is American Heart Month putting a spotlight on education awareness for the prevention of heart disease. The purpose of Heart Month is to increase knowledge and provide necessary tools and resources to give people the ability to make small daily changes to improve their overall heart health (CDC, 2016).

Try this heart healthy Apple Walnut Chicken Salad recipe!

¼ cup fat-free, plain yogurt

2 Tbsp light mayonnaise

¼ tsp salt-free dried Italian spice blend

2 cups skinless, shredded chicken breast

-OR-

20 oz canned, salt-free white meat chicken

3 Tbsp chopped, unsalted, walnuts

½ cup halved, seedless grapes

-OR-

½ cup sugar-free dried fruit like prunes or cranberries

1 red or green apple, finely chopped

This apple and walnut chicken salad is the perfect balance between light and savory.

The recipe uses fat-free plain yogurt instead of full-fat mayonnaise—making it lower in fat and higher in protein. The walnuts add a nice crunch to the chicken salad, but also are full of omega-3 fatty acids and monounsaturated fatty acids, which can improve your cholesterol (Mayo Clinic, 2016). There are so many great ways to lighten up recipes and make them healthier without losing the taste! This apple and walnut chicken salad recipe is just one example of turning a classic recipe into something a little more health conscious. This recipe can be served as a sandwich or wrap, either on a whole-wheat pita, tortilla, or English muffin, or on a green salad! My personal favorite is on a toasted whole-wheat English muffin. For more information or heart healthy recipes head over to www.heart.org or www.eatright.org.

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