

Chicken, Apple, and Pear Salad

Preparation time: 25 minutes, Chilling time: at least 25 minutes

2 ½ cups chopped fresh pear (about 2 medium)

2 cups chopped apple (about 2 small)

2 tablespoons lemon juice

1 cup coarsely chopped celery

½ cup jellied whole-berry cranberry sauce

⅓ cup nonfat mayonnaise

1 teaspoon sugar

½ teaspoon ginger

2 ½ cups chopped cooked chicken breast (skinned before cooking and cooked without salt)

2 tablespoons chopped pecans, toasted

1. Combine first three ingredients in a medium bowl; toss well. Stir in celery; set aside.
2. Combine cranberry sauce and next 3 ingredients in a bowl; stir well. Add to pear mixture, and toss gently.
3. Stir in chicken; cover and chill thoroughly. Sprinkle with pecans before serving. Yield: 6 (1 ½-cup) servings.

Nutritional content per serving: Calories 215

Fat 4.8 g (Sat Fat 0.8g) Carbohydrate 26.7g Fiber 3.8g

Protein 17.7g Cholesterol 46mg Sodium 232 mg