

A photograph showing three Michigan Cherry Chicken Salad Wraps on a wooden cutting board. Each wrap consists of a romaine lettuce leaf topped with a mixture of diced chicken, green apple, red onion, dried cherries, and walnuts. A fourth lettuce leaf is shown in the foreground, and a glass bowl with more salad is visible in the background.

MICHIGAN CHERRY CHICKEN SALAD WRAPS

ingredients:

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|--------------------------------------|------------------------------------|
| 1 pound cooked chicken breast, diced | 3 Tablespoons blue cheese crumbles |
| 1 large green apple, finely chopped | 1 Tablespoon lemon juice |
| 1/4 cup red onion, finely diced | 1 Tablespoon honey |
| 1/3 cup dried cherries | 1/2 teaspoon garlic powder |
| 1/4 cup walnut pieces | 1/8 teaspoon salt |
| 1/2 cup nonfat Greek yogurt | 12 romaine heart leaves, rinsed |

directions:

1. Place chicken, green apple, red onion, cherries, and walnuts in a large bowl. Mix and set aside.
2. In a small mixing bowl, combine Greek yogurt, blue cheese, lemon juice, honey, garlic powder, and salt. Stir to combine.
3. Add sauce to chicken mixture and toss to coat evenly.
4. Divide chicken mixture evenly onto each of 12 romaine lettuce leaves and serve (3 leaves = 1 serving).

Yield: 4 servings

Nutrition Information Per Serving:

304 Calories
10 grams Fat
2 grams Saturated Fat
89 mg Cholesterol
199 mg Sodium
23 grams Carbohydrates
3 grams Fiber
32 grams Protein

Food exchanges:

1 1/2 fruit, 4 1/2 protein



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