



**Nova Scotia
Apples**
Pick An Original



Apple Chicken Salad

- 2 cups cooked chicken (or turkey), diced
- 1 medium Cortland apple
- 1/2 cup diced celery
- 2 tbsp minced onion
- 3/4 cup dried cranberries
- 2 tsp lemon juice
- 2/3 cup low fat mayonnaise type salad dressing
- 1/2 tsp dill weed

Core , but do not peel the apples. Dice. Mix chicken, apple, celery, onion and cranberries together in a medium bowl. In a small bowl blend together salad dressing, lemon juice and dill weed. Add dressing to chicken mixture and stir to coat salad ingredients with dressing. Refrigerate to allow flavour to blend. Season with salt and pepper before serving if desired.

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