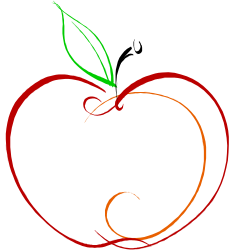


This nutritious salad adapted from Light & Tasty magazine is packed with crunchy apple and celery bits, dried sweet cherries, blue cheese and almonds for a wonderful blend of tastes and textures.



Serves 2



Apple Orchard Chicken Salad

- 1-1/2 c. cubed cooked chicken breast
- 1 celery rib, thinly sliced
- 1/2 c. chopped sweet red apple
- 1/4 c. dried cherries, chopped
- 1/3 c. SCD homemade yogurt
- 1 bacon strip, cooked and crumbled
- 2 Tbs. crumbled blue cheese
- 2 Tbs. chopped or slivered almonds
- 2 lettuce leaves (opt.)

Combine the chicken, celery, apple and cherries. Stir in yogurt. Serve on lettuce, if desired; sprinkle with bacon, blue cheese and almonds.