

# Chicken Salad with Dried Apricots, Hazelnuts and Feta

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## Servings: 8

*2 cups plain Greek yogurt  
1/2 cup honey  
2 tablespoons fresh mint, snipped  
1 teaspoon orange zest  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons milk (optional)  
2 1/2 to 3 pounds (6-1/2 cups)  
cooked chicken breast, cut into one-  
inch cubes  
1 cup (4 ounces) crumbled Feta cheese  
1 cup dried apricots, quartered  
1 cup hazelnuts, coarsely chopped and  
toasted  
lettuce leaves  
crumbled Feta cheese (optional)  
snipped dried apricots (optional)  
chopped toasted hazelnuts (optional)  
snipped fresh mint (optional)*

For The Dressing: In a large bowl, whisk together the yogurt, honey, snipped mint, orange zest, salt and pepper. If needed, add milk, one tablespoon at a time, to reach the desired consistency.

In an extra-large bowl, combine the chicken, Feta, apricots and hazelnuts. Add the yogurt dressing. Mix well. Serve immediately or cover and chill up to eight hours.

Serve the salad on a platter lined with lettuce leaves. If desired, sprinkle with additional crumbled Feta, dried apricots, hazelnuts and fresh mint.

Start to Finish Time: 40 minutes

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Per Serving (excluding unknown items): 264 Calories; 15g Fat (47.9% calories from fat); 6g Protein; 31g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 346mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	264	Vitamin B6 (mg):	.2mg
% Calories from Fat:	47.9%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates:	44.1%
% Calories from Protein:	8.0%
Total Fat (g):	15g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	17mg
Carbohydrate (g):	31g
Dietary Fiber (g):	3g
Protein (g):	6g
Sodium (mg):	346mg
Potassium (mg):	332mg
Calcium (mg):	138mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1331IU
Vitamin A (r.e.):	149 1/2RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	22mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	1

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 264 Calories from Fat: 126

### % Daily Values\*

<b>Total Fat</b>	15g	23%
Saturated Fat	4g	18%
<b>Cholesterol</b>	17mg	6%
<b>Sodium</b>	346mg	14%
<b>Total Carbohydrates</b>	31g	10%
Dietary Fiber	3g	11%
<b>Protein</b>	6g	

<b>Vitamin A</b>	27%
<b>Vitamin C</b>	2%
<b>Calcium</b>	14%
<b>Iron</b>	10%

\* Percent Daily Values are based on a 2000 calorie diet.