

# Chicken Waldorf

*Debbie Maniscalco*

*Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011*

*1 chicken breast (per  
person)  
2 stalks celery  
1 small onion  
2 small apples  
10 grapes  
1 cup chopped walnuts  
mayonnaise  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 cup honey  
salt (to taste)  
pepper (to taste)*

Cook the chicken. Dice.

Chop the celery, onion and apples. Cut the grapes in half.

In a bowl, mix the chicken, celery, onion, apples, grapes and nuts.

Stir in the mayonnaise. Add the cinnamon, nutmeg, honey, salt and pepper. Stir together until well mixed.

Chill.

Serve as a salad or a sandwich.

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Per Serving (excluding unknown items): 1519 Calories; 72g Fat (39.5% calories from fat); 34g Protein; 216g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 82mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 2 Vegetable; 3 Fruit; 12 Fat; 9 1/2 Other Carbohydrates.