



JILL WHITT'S MOCK WALDORF SALAD

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Jill shared another one of her great recipes with us! Waldorf Salad is always a favorite with a creamy dressing over tart apples and a crunch of walnuts. This recipe fits nicely into the weight loss plan and makes a terrific lunch. As we are adding more nut varieties to the Genesis plan, you can use either pecans, walnuts or almonds for great texture. Jill states that this recipe travels very well for those of you on the go or a road trip. This recipe makes two servings. One serving covers your protein, fruit, fat and 1/4 cup raw vegetable for one meal. Add 1-3/4 cup of salad greens to make it a complete meal.



INGREDIENTS

- 6 oz. chopped chicken (can use rotisserie)
- 1 Granny Smith apple, diced
- 1 stalk celery, thinly sliced
- 1/4 cup walnuts, chopped (optional)



DRESSING

3 Tbsp Genesis mayo recipe or Primal Kitchen mayo

1 Tbsp Bragg's apple cider vinegar

Few drops pure liquid stevia

Sprinkle of ground celery seed (optional)

Pink Himalayan salt and pepper, to taste

INSTRUCTIONS

Add chopped chicken, Granny Smith apple, celery and walnuts into a medium-sized bowl.

Combine dressing ingredients all together and add to the chicken, mixing well.