Astoria Chicken Salad

½ cup low fat plain yogurt
2 T mayonnaise
2 T roasted walnut oil
½ lime, freshly squeezed
2 cups grilled or rotisserie chicken, diced
2 celery stalks, diced
1 Granny Smith apple, diced
1 cup red seedless grapes, halved
½ cup toasted chopped walnuts
2 T chia seeds
salt and pepper, to taste
fresh herbs, to taste

In small bowl, whisk together yogurt, mayonnaise, roasted walnut oil and lime juice.

In large bowl, combine diced chicken, celery, apples, grapes, and toasted walnuts. Add yogurt dressing and stir to combine. Add chia seeds and season with salt and pepper to taste. Serve on butter lettuce.

Recipe by Garden Chef Megan McCarthy

ATLANTA BOTANICAL GARDEN