

Shreddy Apple-Walnut Chicken Salad

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Whipping chicken in a stand mixer is a good, quick alternative to chopping it, and leads to chicken salad with just the right “shreddy” texture.

If you’re using fresh roasted chicken for this (the small rotisserie birds from the grocery store are perfect!), remove all the skin first, then tear the meat off and chop it into roughly 2” – 3” pieces before adding it to the mixer. Be sure to use both the light and the dark meat.

TIME: 15 minutes (with cooked chicken)

MAKES: 4 to 6 sandwiches

1 pound cooked chicken (from a 3- to 4-pound rotisserie chicken, or 1 1/4 pounds raw chicken breasts, cooked)
2 tablespoons mayonnaise
1/4 cup plain fat-free yogurt
2 teaspoons Dijon mustard
Salt and freshly ground pepper
1 Pink Lady or Granny Smith apple, chopped
2 scallions, thinly sliced, green and white parts
1/2 cup chopped toasted walnuts

Using a stand mixer fitted with the paddle attachment, using on-off pulses “whip” the chicken on medium speed until it reaches the desired consistency – whipping longer will result in smaller pieces. (Use your hands to tear apart extra long pieces, if necessary.) Add mayonnaise, yogurt, and mustard, season with salt and pepper, and mix until combined and creamy, about 15 seconds. Add additional mayo or yogurt, if you want a wetter consistency, and stir in the remaining ingredients.