



Chicken Kale Waldorf Salad with Avocado & Goat Cheese

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This fabulous kale waldorf salad has chopped chicken breast, avocado, goat cheese, tart cranberries and crunchy toasted walnuts. Tossed in an easy light balsamic vinaigrette.

Course Dinner, Gluten Free, Grain Free, Healthy, Lunch, Salad
Keyword kale waldorf salad

Prep Time 10 minutes
Cook Time 10 minutes
Total Time 20 minutes

Servings 4 servings
Calories 308 kcal
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Ingredients

- 1 bag baby kale (about 6-8 cups)
- 1 granny smith apple, chopped
- 1/2 cup seedless red grapes, halved
- 1/4 cup dried cranberries
- 1/4 cup crumbled goat cheese
- 1/2 medium ripe avocado, diced or sliced
- 2 leftover grilled chicken breasts (8 oz), diced into cubes
- 1/4 cup walnuts halves (1 oz)
- **For the dressing:**
- 2 tablespoon extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 garlic clove, minced
- 1 teaspoon dijon mustard
- Salt and pepper, to taste

Instructions

1. Preheat oven to 350 degrees F. Spread walnuts on baking sheet and toast in oven for 8 minutes until fragrant and golden. Remove from oven, allow to cool, then chop into small pieces.
2. In a small bowl, whisk olive oil, balsamic vinegar, garlic and dijon mustard together until smooth and well combined. Season with salt and pepper to taste. Set aside.
3. In a large bowl, toss kale, apples, grapes, and cranberries together. Pour dressing over the fruit and lettuce and toss again to combine. Top salad with goat cheese, avocado, chicken and toasted walnuts. Serve immediately.

Recipe Notes

To make vegetarian: swap chicken for chickpeas

To make dairy free: leave off goat cheese

Nutrition Facts

Chicken Kale Waldorf Salad with Avocado & Goat Cheese

Amount Per Serving (1 serving)

Calories 308 Calories from Fat 159

% Daily Value*

Fat 17.7g **27%**

Carbohydrates 23.7g **8%**

Fiber 5.2g **22%**

Sugar 13.3g **15%**

Protein 18.4g **37%**

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