GREEK YOGURT CHICKEN SALAD

INGREDIENTS:

- 3 cups cooked boneless, skinless chicken breasts, diced 1/2 inch cubes or shredded (about 1 1/4
- pounds.)
- 2 cups red grapes, halved
- 3 celery stalks, diced
- 2 – 3 green onions, thinly sliced
  1/2 cup sliced almonds
- 1 cup plain, non-fat Greek yogurt
- 2 tablespoons non-fat milk
- 2 teaspoons honey
- 1/4 teaspoon salt
- 1/2 teaspoons black pepper
- 2 tablespoons fresh dill, chopped

DIRECTIONS:

1. Place the diced chicken, grapes, celery, green onions, and almonds in a large bowl.
2. In another bowl, whisk together the Greek yogurt, milk, honey, salt, and pepper. Pour over the chicken mixture and toss to coat. Taste; add additional salt and pepper as desired.
3. When ready to serve, sprinkle with fresh dill. Serve as a filling for sandwiches, on top of a green salad, as a dip with crackers, or simply enjoy it right out of the bowl. Any leftover salad should be stored in an airtight container; for best results refrigerate up to 4 days.

Nutrition Facts

Serving Size about 1 cup (186g)
Servings Per Container 6

Amount Per Serving

Calories 160	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 100mg	**4%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 2g	**8%**
Sugars 13g	
Protein 20g	

Vitamin A 2% • Vitamin C 8%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: wellplated.com