APRICOT BASIL CHICKEN SALAD

Ingredients:

- 1/3 cup mayonnaise
- 1/2 cup organic plain Greek yogurt
- 1 clove garlic minced
- 1/2 tsp smoked paprika
- 2 T champagne or white wine vinegar
- 3 cups organic cooked chicken, shredded
- 1/4 cup blanched slivered almonds toasted
- 1/2 cup white onion or shallot, finely diced
- 1 cup celery with leaves, diced
- 1/2 cup dried apricots, chopped
- 1/3 cup packed fresh basil leaves, cut into thin strips
- 1 T poppy seeds
- Coarse salt and freshly ground pepper
- Favorite crackers or sandwich bread for serving



Directions:

1. Whisk together the mayonnaise, yogurt, garlic, paprika and vinegar in a large bowl. Fold in the chicken, almonds, onion, celery, apricots, basil and poppy seeds. Season with salt and pepper to taste.
2. Cover and refrigerate for at least 2 hours to allow the flavors to meld, then serve with your favorite crackers or sandwich bread. Makes 4 servings.

NUTRITION PER SERVING:

Calories: 425kcal | Carbohydrates: 16g | Protein: 31g | Fat: 25g | Sat Fat: 4g | Cholesterol: 87mg | Sodium: 231mg | Fiber: 3g | Sugar: 11g

Reference: https://simplebites.net