HEALTHY CHICKEN SALAD

INGREDIENTS:

- 3 cups cooked boneless skinless organic chicken breasts (about 3 chicken breasts)
- 2 cups seedless red grapes, halved
- 3 medium stalks celery, diced
- 2 large green onions, chopped
- 1/2 cup sliced almonds, toasted
- 1 cup plain nonfat Greek yogurt
- 2 tablespoons of your favorite unsweetened milk
- 2 teaspoons raw honey
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh dill, chopped

Serving suggestions: lettuce leaves, high fiber crackers, whole grain bread



NUTRITION PER SERVING:

- Calories 228
- Carbs 17g
- Protein 27g
- Fat 6g
- Chol 48mg
- Sodium 327mg
- Fiber 2g
- Sugar 12g

DIRECTIONS:

- Place the diced chicken, grapes, celery, onions, and almonds in a large bowl. In another bowl, whisk together the yogurt, milk, honey, salt, and pepper. Pour over the chicken mixture and toss to coat. Taste and add additional salt and pepper as desired. If time allows, refrigerate for 2 hours or overnight.
- When ready to serve, sprinkle with fresh dill. Serve as a filling for sandwiches, atop salad greens, as a dip with crackers, or simply enjoy it directly out of the bowl

Makes 6 Servings

Reference: https://WellPlated.com