

Chicken Salad made with Greek Yogurt (GF)

Cooking Time: 25 mins

Serves: 6

Calories: 189 Fat: 13g Carbohydrate: 4g Protein: 37g



Ingredients:

- 1 lb grilled chicken
- 1/4 tsp ground pepper
- 1/2 cup thin sliced celery
- 1/2 cup sliced almonds
- 1/2 cup grapes, cut in half or quarters
- 1/2 cup plain 2% greek yogurt
- 1/2 tsp curry powder
- 2 tsp soy sauce
- squeeze of lemon juice
- salt to taste
- 1 head butterhead lettuce

Directions:

Combine chicken, pepper, celery, almonds, and grapes in a bowl.

Mix dressing ingredients and pour over chicken mixture to coat.

Serve on top of a bed of butterhead lettuce with some whole grain or GF crackers/pita

