



Tangy Chicken Salad with Grapes*

Makes 6 servings. Recipe from EatingWell.

Ingredients

½ cup canola mayonnaise
½ cup plain whole-milk Greek yogurt
1 tablespoon fresh lemon juice
2 teaspoons Dijon mustard
½ teaspoon black pepper
5 cups chopped rotisserie chicken breast
½ cup diced celery
1 cup halved red seedless grapes
¼ cup sliced scallions, divided
1 head butter lettuce

Nutritional info

Calories	350
Total Fat	19g
Fiber	12g
Total Carbohydrates	7g
Protein	37g

**Photo does not accurately represent recipe.*

Directions

1. Stir together mayonnaise, yogurt, lemon juice, Dijon and pepper in a large bowl until combined.
2. Add chicken, celery, grapes and 3 tablespoons scallions, and toss to combine.
3. Serve on butter lettuce leaves, and top with the remaining scallions.

NOTES

Sweet red grapes and crunchy celery make this chicken salad sing, and also balance out the slight tang from the yogurt and lemon. But go ahead and customize the mix-ins with whatever you desire (perhaps some chopped nuts or dried fruit) because this chicken salad recipe is easily adaptable. We use rotisserie chicken (look for unseasoned to keep sodium in check!) to simplify things, but any leftover cooked chicken will work.