

Lighter Chicken Salad

Yield: 4 servings

Ingredients:

- 1-1/2 cups cooked boneless skinless chicken breast
- 1/4 cup celery, chopped
- 1/4 cup non-fat Greek yogurt
- 3 tablespoons reduced-fat mayonnaise
- 1/2 tablespoon lemon juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon celery seed



Directions:

1. Mix together the Greek yogurt, mayonnaise, lemon juice, onion powder, salt, pepper, and celery seeds.
2. Stir in the chicken and celery. Taste and season if needed.
3. If possible, store in the fridge an hour before serving for the flavors to deepen and combine.

Nutrition Per Serving (1/2 cup): Calories: 118, Carbohydrate: 2g, Sugar: 1g, Protein: 15g, Fat: 5g, Saturated Fat: 1g, Sodium: 408mg, Cholesterol: 44mg

Source: <https://www.slenderkitchen.com/recipe/healthy-chicken-salad>



Health Plus: Advancing healthy lifestyle practices.