



“Make Ahead” Chicken Salad

Serves 8-10.
Can be served in a variety of ways—
plain to fancy.



This tastes amazing—guaranteed to disappear fast!

Ingredients

- 4 cups chopped cooked chicken breast (or rotisserie or canned)
- 1 cup plain Greek yogurt
- 1 tsp seasoning salt
- 2 Tablespoons mayonnaise
- 1 tsp Paprika (Plus some additional for garnish)
- 2 cups chopped celery
- 3/4 cup chopped green or red bell pepper
- 3 large or 4 small green onions, thinly sliced
- 2 tart apples, chopped in med.-large chunks
- 1 cup chopped pecans or walnuts
- 1 cup sliced green grapes



Directions

1. In a medium bowl, mix together yogurt, mayonnaise, paprika and seasoning salt.
2. Blend in remaining ingredients except apples, grapes and chicken.
3. Mix chicken in well, then add grapes and apples
4. Add fresh black pepper and extra paprika to taste.
5. Chill overnight. (Or least 1 hour)
6. Serve on a huge bed of greens or stuffed into two tomatoes, red pepper or melon. *(Only serve as a sandwich if you're not trying to lose weight.)*

Estimated
Glycemic Load

4

*With Fiber
powder added
GL will be
even less!

Nutrition Facts	
Serving Size 159 g	
Amount Per Serving	
Calories 256	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 96mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Sugars 15g	
Protein 20g	

3g fiber data above is without added fiber powder.