

Healthy Chicken Salad

LUNCH/DINNER Makes 5 serving

A quick and easy chicken salad full of flavor and protein. Make a batch up on Sunday and have lunch for the week!

Ingredients

- 500g cooked and cooled chicken breast
- 100g red grapes, quartered
- 30g sliced almonds
- 1-2 stalks celery, finely diced
- 2-3 sliced green onions
- 180g fat-free Greek yogurt
- 35 g light or fat-free mayo
- 15g honey
- 15g Dijon mustard
- 3 tbsp chopped fresh dill (or more)
- Salt/pepper to taste

Directions

1. Dice or shred the chicken depending on your preference.
2. Add the chicken, quartered grapes, sliced almonds, green onions and diced celery to a large bowl.
3. Add the yogurt, mayo, mustard, and honey.
4. Stir until everything is well combined.
5. Stir in the chopped dill and add salt and pepper to taste.

Notes

For 500g cooked chicken breast you will need 3-4 chicken breasts, depending on size. Instant pot is a quick and easy method. Add the thawed chicken to the pot, add 1 cup chicken broth. Set the pressure to high and cook 8 minutes. Let the pot naturally release, then remove chicken and cool before chopping.

Enjoy this chicken salad on its own, with crackers, on a sandwich, as lettuce wraps, or on a bowl of greens.

Makes 5 - 200g servings.

Will keep refrigerated up to 5 days.

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.



Macros *

Per 1 serving

Calories : 276

Protein : 40 g

Carbs : 11 g

Fat : 8 g