

C's Left-Over Chicken Breast Salad

*This doesn't have to be made from left-over chicken breasts, that's just how it came about in my house!

Recipe by C.

Yields:

enough to make five to six 3 unit portions or four to five 4 unit portions

Ingredients:

six 4 oz. chicken breasts, diced into bite-sized chunks
1/2 cup Kraft Light Mayo
1/2 cup (or more if you like) Low-fat Plain Yogurt
1/2 cup almond slivers
3/4 cup purple seedless grapes, quartered
2 stalks celery, thinly diced
Generous shakes Garlic Pepper/Salt, until you like the seasoning

Directions:

Rub the raw chicken breasts with Garlic Pepper/Salt and grill until tender. Cool for at least 20 - 30 minutes. Prepare the rest of the ingredients as directed while the cooling takes place. Dice the chicken on a cutting board into bite-sized chunks. Place into a large bowl. Add the above ingredients to the bowl with the chicken and blend all together with a spatula or wooden spoon. If it seems too dry, add more yogurt. Cover the bowl and place in the refrigerator for at least two hours before you are going to use the salad.

Serves:

3/4 cup is three units of protein and fat, one unit of carbs
1 cup is four units of protein and fat, one unit of carbs