

## Rosemary Chicken Salad

Yields: Enough to make six 3 unit portions  
(3/4 cup = 3 units protein & fat)

### Ingredients:

\*3 cups chopped cooked boneless, skinless chicken  
(cook it any way you wish IE: grilled, baked... w/out seasoning)  
1/3 cup Green Onions, chopped  
\*\*1/4 cup Smoked Almonds, chopped  
1/4 cup plain fat-free yogurt  
1/4 cup Kraft Light Mayo  
1 tsp. fresh Rosemary, chopped  
1 tsp. Dijon Mustard  
1/8 tsp. Kosher salt  
1/8 tsp. Black Pepper

### Directions:

Step 1: Prepare the chicken any way you wish, but without seasoning.

\*You can purchase a 1 pound + prepared chicken,; skin it, remove the white meat and chop it up if it is easier.

If you prepare the chicken; chop it and let it cool completely.

Step 2: While the chicken is cooling, add the remaining ingredients to a large bowl. Add the cooled chicken and combine ingredients well.

\*\*You can use diced almonds to eliminate a step.