

C's Handy & Tasty Chicken Salad

Recipe by C

Yields:

Makes seven+ 2 unit portions or

Makes five + 3 unit portions or

Makes four + 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 or green seedless grapes, quartered

2 stalks celery, thinly diced

Generous shakes Morton's Nature's Seasoning, until you like the flavor

Directions:

Rub the raw chicken breasts with Morton's Nature's Seasoning 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.

Week 1