

FRUIT AND YOGURT CHICKEN SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 141

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 46 mg

Total Carbohydrate: 8 g

Dietary Fiber: 1 g

Protein: 18 g



Ingredients

- 4 cups chicken breast cooked, chopped (or 6 – 4 ounce chicken breasts)
- 1 ½ Tablespoons fresh rosemary, chopped (or 1 ½ teaspoons dry)
- ½ cup dried cranberries
- ½ cup sliced almonds
- ½ cup Granny Smith apple, diced
- ½ cup celery, diced
- ½ cup red onion, chopped
- 1 cup vanilla Greek yogurt
- 1 Tablespoon honey
- 1 teaspoon ground black pepper

Directions

1. In large bowl, stir together all ingredients until well combined.
2. Serve with crackers (Triscuits® or gluten free crackers) or on bread (whole wheat or gluten free).