

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiIn66kyOnOAhXF1CYKHfnQAOUQjRwIBw&url=http://www.kimscravings.com/2015/01/skinny-greek-yogurt-chicken-salad/&psig=AFQjCNGLi21_rizJSJzjz4qotzUjb8ZhFA&ust=1472661093979863)**Greek Yogurt Chicken Salad**

**2 SERVINGS**

Nutrition Facts per Serving:

Calories: 235 Protein (g): 29

Fat (g): 8 Carbohydrate (g): 1

# Ingredients:

|  |  |
| --- | --- |
| 1 | Chicken breast, cooked, chilled, and shredded |
| 1 | Small apple, diced |
| ¼ cup | Roasted almonds, chopped |
| 2 | Green onions, sliced |
| ¼ cup | Plain Greek yogurt |
| 1 tbsp. | Mustard |
|  | Salt and pepper to taste |
|  |  |
|  |  |

**Instructions:**

1. Mix all ingredients together.
2. Serve on top of mixed greens for a salad lunch, on whole grain toast for a hearty sandwich, or on cucumber slices for a snack or hors d’oeuvre.