

Almond Chicken Salad



4 cups cubed cooked chicken breast
1 1/2 cups green grapes, halved
1 cup chopped celery
1/2 cup chopped green onions
3 hardboiled eggs, chopped

Dressing:

1/2 cup light mayonnaise
5.3 oz. plain nonfat Greek yogurt
1 Tablespoon mustard
1/2 teaspoon pepper
1/2 teaspoon salt
1/4 teaspoon onion powder
1/8 teaspoon dry mustard
1/8 teaspoon paprika
2 oz. bag (1/2 cup) slivered almonds

Instructions: In a large bowl, combine chicken, grapes, celery, onions and eggs. In a separate bowl, combine dressing ingredients, except almonds. Pour dressing over chicken mixture, stirring until evenly coated. Place in the refrigerator at least 1 hour before serving. Stir in almonds when ready to serve. Serve over lettuce, crackers or between bread.

Yield: 8 servings

Nutrition Facts (per serving): 250 calories, 11 grams fat, 680 milligrams sodium, 10 grams carbohydrate, 1 gram fiber, 27 grams protein