



GREEK YOGURT CHICKEN SALAD

INGREDIENTS

ITEM

Cooked Chicken Breast, shredded
Plain Greek Yogurt
Diced Celery
Diced Red Onion
Dijon Mustard
Salt and Pepper

QUANTITY

4 Oz.
2 Tbsp.
1 Tbsp.
1 Tbsp.
1 Tsp.
To Taste

SERVING SIZE

1

PREPARATION

- Add chicken, Greek yogurt, celery, red onion, and Dijon mustard to a bowl.
- Mix until well combined.
- Season with salt and pepper.
- Serve with any of the following: Bell pepper strips, cucumber slices, snap peas, or whole-grain crackers.