

CHICKEN SALAD STUFFED PEPPERS

INGREDIENTS

ITEM	QUANTITY
• Cooked Chicken Breast, finely chopped	2 Cups
• Lactose-Free Greek Yogurt	⅓ Cup
• Mayonnaise	2 Tbsps.
• Dijon Mustard, onion- and garlic-free	1 Tsp.
• Finely Diced Cucumber	¼ Cup
• Finely Chopped Carrot	2 Tbsps.
• Chopped Chives	2 Tbsps.
• Chopped Parsley	1 Tbsp.
• Fresh Lemon Juice	1 Tsp.
• Salt and Black Pepper, to taste	
• Green Bell Peppers, halved lengthwise and seeded	4

SERVING SIZE **2 STUFFED PEPPER HALVES**

PREPARATION

- Slice the green bell peppers in half lengthwise and remove the seeds.
- Combine chicken, Greek yogurt, mayonnaise, Dijon, cucumber, carrot, chives, parsley, and lemon juice.
- Season with salt and pepper.
- Spoon the chicken salad evenly into the pepper halves.

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