



## Dill Pickle Chicken Salad



1/2 of recipe: 205 calories, 7g total fat (1g sat. fat), 601mg sodium, 5.5g carbs, 1g fiber, 2.5g sugars, 27g protein

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**Prep:** 5 minutes

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### Ingredients

- 6 oz. cooked and shredded skinless chicken breast
- 1/3 cup chopped dill pickles
- 1/4 cup finely chopped red onion
- 2 tbsp. fat-free plain Greek yogurt
- 2 tbsp. light mayonnaise
- 2 tsp. chopped fresh dill, or more for topping
- 1 tsp. ranch dressing/dip seasoning mix

### Directions

In a large bowl, combine chicken, pickles, and onion. Mix well.

In a small bowl, combine yogurt, mayo, dill, and ranch seasoning. Mix until smooth and uniform. Add to the large bowl, and toss to coat.

MAKES 2 SERVINGS

**HG Tips:** Check out [these tips & tricks](#) for perfectly cooked chicken. Or use pouched or canned chicken instead!

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