It's a Snap! Sesame Chicken Snack

Entire recipe: 170 calories, 2.5g total fat (0.5g sat. fat), 335mg sodium, 12g carbs, 3g fiber, 7.5g sugars, 25.5g protein

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Ingredients

1 1/2 cups halved sugar snap peas
3 oz. cooked and chopped skinless chicken breast
1 tbsp. low-fat sesame ginger dressing (like Newman's Own Sesame Ginger Dressing)

Directions

Place all ingredients in a medium bowl, and toss to coat. Enjoy!

MAKES 1 SERVING

HG Alternative: Not a fan of raw snap peas? No problem! Just place them in a medium microwave-safe bowl with 2 tbsp. water, and microwave for 2 minutes, or until slightly softened. Drain excess liquid, and let cool, about 15 minutes. Then toss with chicken and dressing!

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