



## Mediterranean Chicken Salad



1/4th of recipe (about 1/2 cup): 200 calories, 8g total fat (2g sat. fat), 375mg sodium, 9g carbs, 1.5g fiber, 4.5g sugars, 20g protein

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**Prep:** 10 minutes



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### Ingredients

1/4 cup light mayonnaise  
2 tbsp. fat-free plain Greek yogurt  
1 tbsp. Dijon mustard  
1/2 tsp. lemon juice  
1/2 tsp. garlic powder  
8 oz. cooked and chopped skinless chicken breast  
1/3 cup finely chopped red onion  
1/3 cup chopped sun-dried tomatoes (bagged or rinsed)  
1/4 cup crumbled feta cheese  
2 tbsp. sliced olives, chopped

### Directions

In a medium-large bowl, combine mayo, yogurt, mustard, lemon juice, and garlic powder. Mix thoroughly.

Add remaining ingredients, and mix well.

**MAKES 4 SERVINGS**

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