



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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