



## 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

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 10 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### 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**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.