



Spring Chicken Salad



1/2 of recipe (about 1 heaping cup): 292 calories, 12.5g total fat (3.5g sat. fat), 442mg sodium, 11.5g carbs, 3.5g fiber, 4g sugars, 31.5g protein

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Prep: 5 minutes



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Ingredients

6 oz. cooked and chopped skinless chicken breast
1 cup frozen peas, thawed
1/4 cup crumbled feta cheese
2 tbsp. finely chopped red onion
1 tbsp. chopped fresh dill
1 tbsp. olive oil
1 tsp. lemon juice
1/4 tsp. black pepper
1/8 tsp. salt
Serving suggestions: lettuce (salad style or cups), low-carb tortilla, whole-wheat pita

Directions

Place all ingredients in a large bowl. Mix well.

MAKES 2 SERVINGS

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