



Sweet 'n Chunky Chicken Salad



1/2 of recipe (about 1 cup): 192 calories, 6g total fat (1g sat. fat), 302mg sodium, 12g carbs, 1g fiber, 8.5g sugars, 21g protein

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Prep: 10 minutes



Ingredients

1/4 cup fat-free plain yogurt
2 tbsp. light mayonnaise
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. lemon-pepper seasoning
Dash salt
4 1/2 oz. cooked & roughly chopped skinless chicken breast
1/2 cup chopped seedless cucumber
1/3 cup red seedless grapes, halved
1/3 cup chopped apple

Directions

In a medium bowl, combine yogurt, mayo, sweetener, lemon-pepper seasoning, and salt. Mix well.

Add chicken, and stir to coat.

Stir in remaining ingredients.

MAKES 2 SERVINGS

HG FYI: A previous version of this recipe calls for fat-free mayo instead of light. If made the original way, each serving will have 145 calories and 1.5g total fat (**Freestyle™ SmartPoints®** value 1*).

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