

Chicken Salad

16 oz chicken breast, boneless, skinless, cooked and chopped

¼ cup plain, fat free yogurt

¾ cup fat free Miracle Whip or mayonnaise

salt and pepper to taste

½ cup sliced almonds, walnuts or pistachios

¾ cup seedless grapes, cut into quarters

½ cup scallions, chopped

Mix the chicken, yogurt, and Miracle Whip together in a large bowl. Season to taste with salt and pepper. Gently fold in nuts, grapes and scallions. Makes 8 small servings.

Nutrition Information Per Serving: 150 Calories; 19 grams Protein; 4 grams Fat; 8 grams Carbohydrate; 227 mg Sodium.