

Chicken or Turkey Fruit Salad

Submitted by JoAnn M

4 cups cooked chicken or turkey, chopped
1 cup apple, chopped
1 cup seedless grapes
1 cup pineapple tidbits (packed in juice), drained
1 cup chow mein noodles
1 ½ cup fat free Miracle Whip

Combine all ingredients. Refrigerate until ready to serve. Makes 8 servings.

Nutrition information per serving: 253 calories; 28 grams protein; 5 grams fat; 22 grams carbohydrate; 464 mg sodium.