Greek Yogurt Chicken Salad

Cheap, Fast, and Healthy – March 2015

Ingredients: Makes 4 large servings
- 1 pound cooked chicken breast, shredded
- 1/2 cup diced red onion
- 1/2 cup diced Gala apple
- 2/3 cup green grapes, halved
- 1/3 cup dried cranberries
- 1/4 cup sliced almonds
- 1/2 cup plain Greek Yogurt
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- Salt and pepper, to taste

Directions:

1. Cook chicken breasts in a baking pan in a single layer at 400 degrees for approximately 20-25 minutes until no longer pink. Shred with two forks and place into large bowl.

2. Add red onion, apple, grapes, dried cranberries, and almonds. Mix in Greek yogurt, lemon juice, garlic powder, and salt and pepper.

Notes:

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