



Lighter Chicken Salad

Holidays, Recipes

Ingredients Needed

- 16 slices of Aunt Millie's Live Light Whole Grain Bread
- 1 ¼ lb diced cooked chicken
- ½ cup Greek nonfat yogurt
- ½ cup reduced calorie mayonnaise
- 1 tsp Dijon mustard
- ¼ tsp onion powder
- ¼ tsp black pepper
- ½ lb diced Fuji apples
- ⅓ cup chopped pecans
- ¼ cup Craisins
- 8 pieces green lettuce leaf



Directions | Yield: 8 servings

1. Mix together diced chicken, Greek yogurt, mayonnaise, Dijon mustard, onion powder, black pepper, diced Fuji apples, chopped pecans, and Craisins.
2. Lay out a slice of bread. Top with 1 slice green leaf lettuce and a 1/2 cup of the chicken salad. Top with remaining slice of bread.