



Oven Baked Chicken Salad

Light Options, Recipes



Ingredients Needed

- 2 slices Aunt Millie's Giant Wheat Bread
- 2 ounces baked chicken breast, shredded
- 2 Tablespoons diced celery
- 2 Tablespoons sliced grapes
- 1 Tablespoon light mayonnaise
- 1 Tablespoon nonfat yogurt
- 1 Tablespoon chopped walnuts
- 4 red leaf lettuce leaves

Directions | Yield: 2 servings

1. Combine chicken breast, celery, grapes, light mayonnaise, nonfat yogurt, and walnuts in a bowl and mix thoroughly.
2. Place 4 lettuce leaves on one slice of bread.
3. Top with chicken salad and a second slice of bread.