



Lighter Chicken Salad

Ingredients Needed for Lighter Chicken Salad

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



Directions | Yield: 8 servings of Lighter Chicken Salad

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.
3. Serve and enjoy your Lighter Chicken Salad Sandwich!

