



# RECIPES

## Greek Yogurt Chicken Salad

### INGREDIENTS:

- 2 ½ cups cooked chicken, shredded
- ½ cup diced red onions
- ½ cup diced apple
- 2/3 cup grapes, halved
- 1/3 cup dried cranberries
- ¼ cup sliced almonds
- ½ cup plain non-fat greek yogurt
- 1 tablespoon lemon juice
- ½ tsp garlic powder
- 1/8 tsp salt
- Fresh ground pepper to taste

### INSTRUCTIONS:

1. In a large bowl combine chicken, red onion, apple, grapes, cranberries and almonds. Mix in yogurt, lemon juice, garlic powder, salt and pepper.
2. Serve as a sandwich, on top of a salad or enjoy with crackers.

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
or call 504.349.1232*



From: <http://damndelicious.net/2012/11/07/lightened-up-greek-yogurt-chicken-salad-sandwich/>

