

Chicken Fruit Salad

Salad of the Month – January 2015



Lighten up. Fat-free plain yogurt and fat-free mayo unite to make a low-fat salad brimming with fresh fruits and chicken.

Prep Time: 10 Min

Start to Finish: 40 Min

Makes: 2 servings

INGREDIENTS

1/3 cup Fat Free plain yogurt
2 tablespoons fat-free mayonnaise or salad dressing
1 cup cubed cooked chicken breast
2/3 cup seedless green grapes
1 large peach, chopped (3/4 cup)
1 medium stalk celery, diced (1/2 cup)
1 teaspoon chopped fresh or 1/2 teaspoon dried mint leaves

DIRECTIONS

1. In medium bowl, mix yogurt and mayonnaise until smooth. Stir in remaining ingredients.
2. Cover and refrigerate at least 30 minutes until chilled.

Recipe Provides: Fats & Oils 1tsp, Fruits 1/2c, Meat & Beans 2oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	220	Calories from Fat:	35
Total Fat:	4 g	Saturated Fat:	1 g	Trans fat :	0 g
Cholesterol:	60 mg	Sodium:	230mg	Total Carbohydrate:	21 g
Dietary Fiber:	2 g	Sugars:	17 g	Protein:	24 g



This recipe is adapted from WWW.eatbetterearly.com