

Lemon-Mint Chicken Salad

Salad of the Month September - 2015



Toasted almonds. Bake almonds uncovered 3 to 5 minutes in an ungreased shallow pan at 350°F, stirring occasionally until light brown.

Prep Time: 30 Min

Start to Finish: 3 Hr. 30 Min

Makes: 24 servings (1 cup each)

INGREDIENTS

Salad

- 1 package (16 oz.) uncooked bow-tie (farfalle) pasta
- 7 cups cubed cooked chicken
- 5 cups cubed cantaloupe
- 3 cups thinly sliced celery
- 2 cups dried cherries
- 1 cup sliced green onions

Dressing

- 2 containers (8 oz. each) low-fat lemon yogurt
- 1/2 cup reduced-calorie mayonnaise or salad dressing
- 1 to 2 tablespoons chopped fresh mint
- 1 tablespoon grated lemon peel
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper

Garnish

- 1/4 cup sliced almonds, toasted

DIRECTIONS

1. Cook pasta as directed on package to desired doneness. Drain; rinse with cold water. In very large bowl, mix pasta and remaining salad ingredients.
2. In medium bowl, mix dressing ingredients. Add dressing to salad; mix well. Cover; refrigerate 3 hours to blend flavors. Just before serving, sprinkle with almonds.



Recipe Provides: Fruits 1/4c, Grains 1oz-equivalents, Meat & Beans 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	240	Calories from Fat:	50
Total Fat:	6 g	Saturated Fat:	1 1/2 g	Trans fat :	0 g
Cholesterol:	40 mg	Sodium:	320 mg	Total Carbohydrate:	31 g
Dietary Fiber:	2 g	Sugars:	12 g	Protein:	16 g



This recipe is adapted from WWW.eatbetterearly.com