



Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

Easy Chicken Salad with Grapes

Ingredients:

- 2 $\frac{1}{4}$ cups cooked boneless skinless chicken breast (I use a small chicken roaster or a pre-cooked rotisserie chicken)
- $\frac{3}{4}$ cup red grapes, halved
- 3 stalks celery, chopped
- 1 onion, chopped
- 6 tbsp nonfat Greek yogurt
- $\frac{1}{4}$ cup reduced fat mayonnaise
- Salt and pepper to taste



Prep: 10 mins Cook Time: 30 min
Servings: 6

Optional to add in for more flavor:

- $\frac{1}{4}$ cup chopped walnuts
- $\frac{1}{2}$ cup dried cranberries

Directions:

Mix the Greek yogurt, mayonnaise, salt and pepper together in a large bowl. Add in dried cranberries and walnuts if chosen. Fold in the chicken, grapes, celery, and onion. Taste and season as needed. If possible, let sit in the fridge for an hour before serving.

Notes:

I've used this on bread for sandwiches, as a dip for pita chips, and also on top of romaine lettuce.

Recipe provided by:

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Why its important to Theresa to support our community?

Supporting people in my community humbles me and just makes the soul feel good.