

Mother's Day Chicken Salad



Ready in **30 minutes**

Serves **6-8 people**

Ingredients

- 1 ½ cups grilled chicken (about 4-5 chicken breast tenderloins)
- 2-3 TBS olive oil
- 2/3 cup plain nonfat Greek yogurt
- 1/3 cup mayonnaise
- 2 TBS lemon juice
- 1 tsp apple cider vinegar
- ¾ tsp salt
- ¼ tsp pepper
- ¾ cup diced celery
- 1 cup sliced red grapes
- 1 diced, tart apple such as granny smith or pink lady
- 1/2 cup pine-nuts, walnuts, or pecans, toasted
- 2 TBS fresh chopped parsley or dill

Preparation

1. **Season the chicken breast with salt and pepper. Grill in a grill pan, or sautee on the stovetop with the olive oil. Set aside and let cool.**
2. In a large mixing bowl mix together the yogurt and mayo, along with the salt and pepper, lemon juice and apple cider vinegar. Adjust the seasonings as desired. Dice the celery, grapes, and apple and add to the mixture. Add in the nuts if using, and stir to combine.
3. **Chop the chicken into bite-size pieces. Add to the yogurt mixture. Add the dill or parsley, reserving a little for garnish, and stir to combine.**
4. **Serve in lettuce cups, on crackers, on top of apples sliced lengthwise, or on a croissant for a mother's day treat fit for a queen!**

Tips

Swap in shredded rotisserie chicken for an easy shortcut!