

Tzatziki Greek Yogurt Chicken Salad

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-salad-with-greek-yogurt-recipes>

Ingredients:

- 2 cups chicken cooked shredded, such as rotisserie
- 1/2 cup Greek yogurt
- 1/2 cucumber grated, and liquid squeezed out with a clean towel
- 1/4 cup parsley fresh chopped herbs, mint, chives, scallions, and/or dill
- 1 clove garlic minced
- 1 tablespoon fresh lemon juice or red wine vinegar
- kosher salt
- black pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 2 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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