

Greek Yogurt Chicken Salad with Herbs

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 8 ounces chicken cooked shredded or chopped, about 1 cup
- 1/2 cup diced celery about 2 stalks
- 1 1/2 tablespoons chopped fresh herbs such as, dill, thyme, & parsley
- 1/2 cup Greek yogurt
- 1 teaspoon fresh squeezed lemon juice

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 40 milligrams
4. Fat: 2.5 grams
5. Protein: 12 grams
6. SaturatedFat: 1 grams
7. Sodium: 70 milligrams
8. Sugar: 2 grams

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