

Skinny Chicken Salad

Yield: 8 min
Total Time: 260 min

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

Ingredients:

- 25 ounces canned chicken breast
- 4 cups rotisserie chicken
- 3 green onion diced
- 1 cup celery diced
- 2 cups apple diced, I use Gala or Pink Lady
- 1 cup red grapes halved
- 20 ounces pineapple tidbits, drained
- 1/2 cup Kraft Mayo light
- 3 tablespoons coleslaw dressing I use Kraft Coleslaw dressing
- 1/2 cup greek yogurt or non fat plain
- 1/4 teaspoon thyme
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon onion powder
- 1 pinch ginger
- 3 tablespoons slivered almonds optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 175 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 3 grams
8. Sodium: 220 milligrams
9. Sugar: 15 grams

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