

Healthy Greek Yogurt Chicken Salad – 4 WAYS!

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1 cup greek yogurt
- 2 cloves garlic minced
- 4 tablespoons lemon juice freshly squeezed
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh dill optional or parsley
- 3 cups cooked chicken cut into small cubes
- 3 scallions thinly sliced
- 1/4 cup red onion chopped
- 2 stalks celery sliced
- 1/2 cup apples cubed
- 1/2 cup red grapes halved if they are large
- 1/3 cup sliced almonds preferably roasted
- 1 avocado small, cubed
- 1/2 cup sliced cucumber thinly
- 1/4 cup radishes thinly sliced
- 3 tablespoons chives with flowers if they are in season

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams

8. Sodium: 530 milligrams

9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Healthy Greek Yogurt Chicken Salad – 4 WAYS! above. You can see more 18 healthy greek yogurt chicken salad recipe Get ready to indulge! to get more great cooking ideas.