

CHICKEN & GRAPE SALAD

A spin on a salad for a lighter meal, can be a topping to a bed of greens, or served with a nice bread. This was a light meal my mom created while my sister was getting ready to say, "I do!"

SERVINGS	SERVING SIZE	TIME TO MAKE
6	1 SALAD	10 MINUTES +

INGREDIENTS

- 2 - 6 ounce- Roasted Chicken Breasts, cooled & chopped
- 2 Cups Grapes, sliced (red or green)
- 3 Celery Stalks, sliced
- 1 Cup Plain Kefir (or yogurt)
- 4 ounces Blue Cheese Crumbles
- ¼ Cup Pine Nuts or Almonds (optional- nuts of choice)
- 1 Bunch of Fresh Chives, chopped (save 2 sprig for garnish)
- ¼ tsp Salt & Pepper
- 1 Teaspoon Dried Minced Garlic (optional)

DIRECTIONS

1. Chop or cube roasted chicken breasts, slice grapes in half, and slice celery into bite sizes
2. In a small bowl, mix together kefir, fresh chives, salt, pepper and minced garlic.
3. Add chicken, grapes, and celery to a medium size bowl, then add the kefir mixture and gently mix together.
4. Add blue cheese crumbles and nuts, gently mix together to evenly distribute
5. For a garnish, add a sprig or two of fresh chives or chopped chives
6. Enjoy!

Nutritional Information per serving: 219 Calories, 11 grams Fat, 4 gram Saturated Fat, 48 mg Cholesterol, 367 mg Sodium, 12 grams Total Carbohydrates, 1 gram Fiber, 10 grams Sugar, 20 grams Protein, 15% Vitamin A, 3% Vitamin C, 12% Calcium, 4% Iron