

Chicken Salad

Yield 4

Prep Time (mins) 15

1/2 cup 0%-Fat Greek yogurt

1/3 cup light mayonnaise Hellman's

1/2 tsp salt

1/2 tsp black pepper

4 tsps extra virgin olive oil

2 stalks celery (finely chopped)

1/2 cup red onion (finely chopped)

3/4 cup grapes (cut in half)

1 apple (chopped into 1/2-inch pieces)

2 1/4 cups Perdue Shortcuts, Roasted Original chicken breast (chopped into 1/2-inch pieces, or leftover chicken)

4 cups romaine lettuce (coarsely chopped)

2 tomatoes (sliced)

4 oranges