

# HIGH PROTEIN CHICKEN SALAD

Yields 6 3/4 cup servings

## Ingredients

- 1 pound (454 grams) cooked chicken breast or rotisserie chicken, shredded (about 4 cups shredded)
- 1/2 cup diced red onion (about 1/2 medium red onion or 60 grams)
- 1/2 cup diced apple (about 1/2 small apple or 75 grams)
- 2/3 cup (100 grams) quartered or halved grapes
- 2/3 cup (165 grams) plain 2% fat Greek yogurt
- 2 tablespoon freshly squeezed lemon juice, or more, to taste
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 12 slices of 100% whole grain bread (about 100 calories each)
- 6 medium lettuce leaves

## Directions

1. In a large bowl, combine shredded chicken, red onion, apple, grapes, Greek yogurt, lemon juice, garlic powder, salt and pepper. Mix until well combined.
2. Using a 3/4 cup measuring scoop, portion out the chicken salad. Serve with a lettuce leaf and 2 slices of 100% whole grain bread.

## Energizing Tips (optional)

3. **Add 1/3 cup dried cranberries into the chicken salad before mixing to increase calories, carbs and sweetness.** (Per serving: Calories: 384; Total Fat: 6g; Carbohydrate: 50g; Dietary Fiber: 7g; Sugar: 15g; Protein: 34g)
4. **Add 1/2 cup chopped almonds or nut of choice into the chicken salad before mixing to increase calories, protein and healthy fats.** (Per serving: Calories: 420; Total Fat: 11g; Carbohydrate: 46g; Dietary Fiber: 8g; Sugar: 11g; Protein: 36g)

**Nutrition Information: Serves: 6 | Serving Size: 3/4 cup (about 5 ounces or 142 grams) + 2 slices whole grain bread + 1 medium lettuce leaf**

**Per serving:** Calories: 364; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 65mg; Sodium: 412mg; Carbohydrate: 44g; Dietary Fiber: 7g; Sugar: 10g; Protein: 34g