



Quick Chicken Salad

Deli chicken salads are often loaded with way too much mayo and other preservatives. Here is a quick recipe using rotisserie chicken that will keep for a few days. It is a bit higher in carbs due to the fruit so it is ideal for lunch or to reduce the carb count, omit the raisins.

Ingredients:

- 2 stalks of celery, thinly sliced
- 2 green onions chopped
- ½ c. grapes, quartered
- 4-6 oz. Greek yogurt (based on creaminess preference)
- ½ apple, chopped
- 1-2 cups rotisserie chicken, shredded or chopped
- ¼ c. raisins or dried cranberries
- ¼ c. cashews

Directions:

Combine all ingredients in a bowl.

Eat and enjoy.

