



### NUTRITION PER SERVING:

|                     |        |
|---------------------|--------|
| <b>CALORIES</b>     | 122    |
| <b>PROTEIN</b>      | 21.6 G |
| <b>CARBOHYDRATE</b> | 3 G    |
| <b>TOTAL FAT</b>    | 2.5 G  |

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|-------------------|-----------|
| <b>PREP TIME:</b> | 5 MINUTES |
| <b>COOK TIME:</b> | NONE      |

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|                      |            |
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| <b>YIELD:</b>        | 3 SERVINGS |
| <b>SERVING SIZE:</b> | 1 SERVING  |

### INGREDIENTS:

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|---------------|--|
| <b>8 OZ</b>   | SHREDDED CHICKEN                       |
| <b>¼ C</b>    | PLAIN GREEK YOGURT, NONFAT             |
| <b>½</b>      | LEMON, JUICED                          |
| <b>3 TBSP</b> | FINELY CHOPPED ONIONS                  |
| <b>¼</b>      | OF A LARGE BELL PEPPER, FINELY CHOPPED |
| <b>3</b>      | SPRIGS FRESH DILL, CHOPPED             |
| <b>1/8</b>    | CREOLE SEASONING                       |
|               | SALT & PEPPER TO TASTE                 |



## CHICKEN SALAD W/GREEK YOGURT

EASY TO PREPARE AND HEALTHY GREEK YOGURT CHICKEN SALAD THAT COMES TOGETHER IN MINUTES. THIS IS THE PERFECT ADDITION TO ANY MEAL PREP ROUTINE. ENJOY!

- 01 Mix all ingredients in a bowl and serve with crackers or bread.

