

Chicken Salad



main meals

POINTS® Value: 3

Servings: 6

Preparation Time: 10 min

Cooking Time: 0 min

Level of Difficulty: Easy

We lightened up this sandwich favorite with reduced-calorie mayonnaise and sour cream. For a Waldorf-like chicken salad, stir in 1/3 cup of diced apples and 2 tablespoons of chopped walnuts.*

Ingredients

3/4 pound cooked chicken breast, cut into bite-sized pieces

1/2 cup celery, finely diced

1/3 cup dill pickle(s), or sweet gherkins, finely diced

1/4 cup reduced-calorie mayonnaise

2 Tbsp reduced-fat sour cream

2 Tbsp parsley, fresh, chopped

1 tsp Dijon mustard

1 tsp fresh lemon juice

1/2 tsp table salt

1/4 tsp black pepper, freshly ground

Instructions

Place all ingredients in a large bowl; mix until blended. Yields about 2/3 cup per serving.

Notes

*Could affect **POINTS** values.