

Chunky Roast Chicken Slaw

Pull six (6) ounces of white meat off a store bought roasted chicken. Mix with 1 small Napa cabbage, finely shredded; 1 granny smith apple, peeled, cored and shredded; 1 Celery stalk, thinly sliced; 1 small shallot, minced; and ¼ cup low-fat ranch dressing.

Serving size 2 cups = 5 points