



LUNCH | quick and colorful chicken salad

INGREDIENTS

- 2 cans premium chunk chicken breast
(12.5 ounces each)
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup Greek yogurt
- 1/4 cup sliced grapes
- 1/4 cup chopped apples
- 1/4 cup chopped red or orange bell pepper
- 1/8 cup dried cranberries (or raisins)
- 1 tablespoon lemon pepper
- 1 tablespoon salt

This winning recipe was submitted
by **Erin B.**

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DIRECTIONS

1. Drain chicken and shred with a fork.
2. Slice grapes and combine with chicken.
3. Chop apples and bell pepper and add to mixture.
4. Mix mayonnaise, sour cream and Greek yogurt into chicken mix.
5. Add cranberries and mix.
6. Add lemon pepper and salt and mix.

6 servings
300 calories per serving
Fat: 14 g
Sodium: 1480 mg
Protein: 38 g
Calcium: 18 mg