



Lemon-Basil Chicken Salad *in a new light*

Makes: 8 servings

Prep Time: 10 minutes

Cook Time: None (1 hour chill time)

Difficulty: Easy

Ingredients:

- 1/2 cup fat-free plain Greek yogurt
- 1/4 cup reduced-fat mayonnaise
- 1/2 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon ground black pepper
- 4 cups cooked diced skinless chicken breast
- 2 ribs celery, finely chopped
- 1/2 red bell pepper, diced
- 1/4 cup finely chopped sweet onion
- 1/4 cup fresh basil leaves, cut into thin slivers
- 2 tablespoons slivered almonds

Directions:

In a medium bowl, whisk together yogurt, mayonnaise, lemon zest, lemon juice, and black pepper until smooth.

Add the chicken, celery, bell pepper, onion, basil, and almonds; gently toss to coat. Cover and chill thoroughly, at least 1 hour.

Nutritional Information: *Per serving (1/2 cup): 170 calories, 7 g fat (1.5 g saturated, 0 g trans), 60 mg cholesterol, 130 mg sodium, 3 g carbohydrate, 1 g fiber, 24 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.