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.