

chicken salad with grapes and pecans

SERVES 4

COOK TIME: 10 minutes

½ cup plain Greek yogurt
1 tsp lemon zest
Juice of 1½ lemons
1 tsp Dijon mustard
Sea salt and black pepper, to taste
3 cups shredded cooked chicken
(rotisserie works well)
1 cup red grapes, quartered
½ cup toasted and chopped pecans
4 green onions, white and green parts only,
sliced (optional)

COMBINE yogurt, lemon zest and juice and mustard in a large bowl.

SEASON with salt and pepper, to taste.

STIR in chicken, grapes, pecans and green onions and season again with salt and pepper, to taste.

MAKE IT A MEAL: Serve over a bed of mixed greens.