



Fresh Chilean Blueberry Chicken Salad with Almonds

INGREDIENTS

2 whole cooked chicken breasts
1/2 cup red onion chopped
1 Tbsp. rice vinegar
1/2 cup minced green onion
1/4 cup chopped flat leaf parsley
1/2 cup dried cranberries
1 cup fresh Chilean blueberries
1/2 cup low fat mayonnaise
2 Tbsp. plain yogurt
1/4 cup sweet mustard
1/4 cup toasted almonds



INSTRUCTIONS

Dice chicken breasts and place in a mixing bowl. Sprinkle red onion with rice vinegar and toss into bowl. Add green onion, parsley, cranberries, blueberries and fold gently into mix. In a small mixing bowl add mayonnaise, yogurt and sweet mustard. Blend well and fold dressing into salad. Garnish with toasted almonds.

SERVES 6

Recipe may be doubled for 8-12 servings.

NUTRIENTS PER SERVING

322 calories, 13 gms fat, 114 calories from fat, 3 gms saturated fat, 66 mg cholesterol, 255 mg sodium, 3 gms dietary fiber, 22 gms protein

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com