



Chilean Grape, Orange, Chicken Salad in Lettuce Cups

INGREDIENTS

2 cups diced cooked chicken
1 cup red or green seedless Chilean grapes, halved
1/2 cup thinly sliced celery
1/2 cup walnut halves, toasted and coarsely chopped
2 Tbsp. thinly sliced scallion (green onion)
2 medium oranges, peeled, sectioned; reserve juice for dressing
1/2 cup low-fat Greek yogurt
3/4 tsp. dried tarragon crushed
1/4 tsp. salt
6 lettuce leaf cups



INSTRUCTIONS

In medium bowl, combine chicken, grapes, celery, walnuts, scallions and oranges. In small bowl, combine yogurt, orange juice, tarragon and salt. Add yogurt mixture to chicken; toss to combine. Divide salad equally among lettuce cups.

SERVES 6

NUTRIENTS PER SERVING

209 calories, 81 calories from fat, 9 gms fat, 2 gms saturated fat, 42 mg cholesterol, 148 mg sodium, 1 gm dietary fiber, 18 gms protein

Recipe from the Chilean Fresh Fruit Association