



Citrus Yogurt Chicken Salad with Fresh Mint

Makes 6 servings.

Ingredients

1 Rotisserie Chicken (white meat only)
Juice and zest of 2 lemons
1/4 Cup nonfat Greek yogurt
1/3 Green pepper
1/3 Cup apple, diced
1/3 Cup grapes, halved
1/4 Cup crushed walnuts
2 sprigs mint chopped

Directions

1. Dice chicken breast into 1 inch pieces
2. Add green pepper, apple, grapes, and walnuts to the bowl and mix in.
3. Mix with lemon juice and Greek yogurt. Add chopped mint. Salt and pepper to taste. Use lemon pepper if desired.
4. Eat on a leaf of romaine lettuce/butter bib lettuce or a whole wheat pita

Nutrition info:

10 servings
Calories: 274
Total fat: 20.6g
Cholesterol: 47mg
Sodium: 389mg
Total Carbs: 5g
Dietary Fiber: 0.9g
Protein: 11.1g

Mediterranean Grain Salad

Serves: 8 (1 1/4 to 1 1/2 cups)

10 ounces chicken, cooked and shredded (optional)

10 ounces spinach

1/2 finely cup chopped bell peppers

1/2 cup red onion, chopped fine

3 minced garlic cloves

1 cup cherry tomatoes, halved

1 cup sliced mushrooms

1/2 cup seedless cucumber, diced

2 tablespoons fresh basil or mint chopped

2 tablespoons olive oil

2 tablespoons balsamic vinegar

Salt and pepper to taste (Greek seasoning optional)

For quinoa/grains:

1 1/2 cups uncooked quinoa

2 cups vegetable or chicken stock

Bring stock to a boil in a large saucepan; stir in quinoa. Cover, reduce heat and simmer 15 minutes or until liquid is absorbed. Uncover; fluff with a fork. Cool to room temperature.

1. Sauté onion, garlic, mushrooms and spinach.
2. Once you have cooked your grain of choice, fluff it with a fork and add all remaining ingredients to a bowl.
3. Add remaining ingredients, fold together and serve.

Nutrition Info:

Calories: 250

Fat: 7 grams

Saturated Fat: 1.5 grams

Cholesterol: 30 mg

Sodium: 380 mg

Total Carbohydrates: 29 grams

Fiber: 3 grams

Protein: 17 grams