



# Chicken Salad with Pecans and Dried Cherries

## INGREDIENTS

1¼ pounds boneless, skinless chicken breast, trimmed  
½ teaspoon salt, divided  
⅓ cup low-fat plain yogurt  
⅓ cup low-fat mayonnaise  
1 tablespoon honey mustard  
¼ teaspoon freshly ground pepper  
½ cup thinly sliced celery  
½ cup pecans, toasted and chopped  
½ cup dried tart cherries, chopped  
1 head Boston or butterhead lettuce, trimmed

## PREPARATION

Place chicken in a medium skillet or saucepan, cover with water and add ¼ teaspoon salt. Bring to a boil. Cover, reduce heat to maintain a gentle simmer and cook until the chicken is no longer pink in the middle, 10 to 15 minutes. Transfer to a plate to cool.

Meanwhile, combine yogurt, mayonnaise, mustard, pepper and the remaining ¼ teaspoon salt in a bowl.

When the chicken is cool enough to handle, cut into bite-size pieces. Add the chicken, celery, pecans and cherries to the bowl with the dressing and toss to combine.

Divide lettuce leaves among 4 plates and top with about 1 cup chicken salad each.

**SERVES 4**

**ACTIVE TIME 25M**

**TOTAL TIME 35M**

## NUTRITION FACTS

Calories	380
Total Fat	17g
Saturated Fat	3g
Monounsaturated Fat	8g
Cholesterol	0mg
Sodium	452mg
Carbohydrates	23g
Dietary Fiber	3g
Total Sugars	13g
Added Sugars	10g
Protein	32g
Potassium	428mg



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