Michele Sodon

NUTRITION PER SERVING:

CALORIES	122
PROTEIN	21.6 G
CARBOHYDRATE	3 G
TOTAL FAT	2.5 G

PREP TIME:	5 MINUTES
COOK TIME:	NONE

YIELD:	3 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

8 OZ	SHREDDED CHICKEN
¼ C	PLAIN GREEK YOGURT, NONFAT
½	LEMON, JUICED
3 TBSP	FINELY CHOPPED ONIONS
¼	OF A LARGE BELL PEPPER, FINELY CHOPPED
3	SPRIGS FRESH DILL, CHOPPED
1/8	CREOLE SEASONING
	SALT & PEPPER TO TASTE

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CHICKEN SALAD
W/GREEK YOGURT

EASY TO PREPARE AND HEALTHY GREEK YOGURT CHICKEN SALAD THAT COMES TOGETHER IN MINUTES. THIS IS THE PERFECT ADDITION TO ANY MEAL PREP ROUTINE. ENJOY!

01 Mix all ingredients in a bowl and serve with crackers or bread.