

Chunky Chicken Salad with Grapes

This recipe comes together in no time using rotisserie chicken and a few quick chops of nuts, sweet onion and celery.

Ingredients:

- 1/2 cup mayonnaise
- 2 Tablespoons sour cream or plain nonfat Greek yogurt
- 1 Tablespoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups shredded rotisserie chicken
- 1-1/4 cups seedless red grapes, halved
- 1/2 cup chopped pecans or walnuts
- 1/2 cup chopped celery
- 1/4 cup chopped sweet onion, optional
- Lettuce leaves or whole wheat bread slices, optional



Directions:

1. In a large bowl, combine the first 5 ingredients.
2. Add the chicken, grapes, nuts, celery and, onion.
3. Mix lightly to coat. If desired, serve with lettuce leaves or whole wheat bread.

Store chicken salad in airtight container in the fridge for up to 3 days.

Makes 8 servings.