

Almond Chicken Salad

Hands-on - 5 min.

Serves 4

This makes a very special luncheon dish served in 1/2 of a cantaloupe.
It's also great for sprucing up a brown bag lunch.

1 can (8 oz) pineapple tidbits, in its own juice
1 can (15 oz) Mandarin oranges*
Open cans and drain. Reserve pineapple juice for another use.

2 cups diced cooked chicken or turkey or
1 can (10 oz) white chicken
rinsed & drained
Place in a medium bowl with the fruit.

1/4 cup *Miracle Whip* Light
1/4 cup nonfat plain yogurt
Mix together in a 2 cup measuring cup. Fold into fruit and chicken.

1/4 cup slivered almonds
Gently mix in.

Use to make a sandwich, stuff a pita, top lettuce greens or fill half a cantaloupe.

**Try substituting 1 cup of grape halves for variety.*

Nutrition information for approximately 1 cup

Calories	182	Fat	8 g	Fiber	2 g	Sodium	303 mg	Total Carbohydrate	19 g
Calories from Fat	39%	Saturated Fat	<1 g	Cholesterol	19 mg	Protein	10 g	Sugars	16 g