

## *Quick and Colourful Chicken Salad*

### Ingredients:

- 2 cans premium chunk chicken breast (12.5 oz each)
- ¼ cup mayonnaise
- ¼ cup sour cream
- ¼ cup Greek yoghurt
- ¼ cup sliced grapes
- ¼ cup chopped apples
- ¼ cup chopped red or orange bell pepper
- 1/8 cup dried cranberries (or raisins)
- 1 tablespoon lemon pepper
- 1 tablespoon salt

### Directions:

- Drain chicken and shred with fork
- Slice grapes and combine with chicken
- Chop apples and bell pepper and add to mixture
- Mix mayonnaise, sour cream and Greek yoghurt into chicken mix
- Add cranberries and mix
- Add lemon pepper and salt and mix

### Nutrition Facts:

- 6 servings
- 300 calories per serving
- Fat: 14 g
- Sodium: 1480 mg
- Protein: 38 g
- Calcium: 18 mg