

# Broccoli and Red Pepper Chicken Salad

Makes 6 servings

## Ingredients:

- 4 chicken breast halves – cooked and shredded
- 1 head of fresh broccoli florets – minced or finely chopped
- 1 red bell pepper – diced
- ¼ cup reduced fat sharp cheddar cheese (Kraft 2% Sharp Cheddar is good) – optional
- ½ cup lite mayo
- 1 clove fresh garlic – minced
- 1 tsp. dried dill
- ¼ tsp. salt



Photo by Cathy Mazanec

## Directions:

- Mix first 4 ingredients in a bowl.
- Add garlic, dill and salt to the mayo and blend. Add mayo mixture to the chicken mixture and stir.
- Serve.

## Nutrition Info per Serving (with cheese):

Cal: 200, Pro: 22gm, Carbs: 13gm, Fiber: 3gm, Total Fat: 7gm, Sat. Fat: 2gm, Trans Fat: 0gm, Chol: 55mg, Sod: 370mg

## Nutrition Info per Serving (without cheese):

Cal: 180, Pro: 21gm, Carbs: 12gm, Fiber: 3gm, Total Fat: 6gm, Sat. Fat: 1gm, Trans Fat: 0gm, Chol: 55mg, Sod: 340mg

## Southern Caviar (aka Black-eyed Pea Salad)

Makes 8 Servings

### Ingredients:

- 2 cans black-eyed peas (drained and rinsed)
- ½ red bell pepper – diced
- ½ green bell pepper – diced
- ½ yellow bell pepper – diced
- 5 – 6 spring onions – thinly sliced
- 1 small jar sliced green olives - drained
- 1/4 cup apple cider vinegar or balsamic vinegar
- 2 Tbsp. sugar
- 1/4 cup olive oil or canola oil



Photo by Cathy Mazanec

### Directions:

- Combine the first 6 ingredients in a bowl with a tight fitting lid.
- Blend sugar into vinegar and then add oil to the vinegar.
- Pour vinegar/oil mixture over black-eyed pea mixture. Stir.
- Cover and refrigerate for several hours (can be eaten immediately but is a little better if it has a chance to marinate.)
- Occasionally toss the mixture in closed container to evenly coat.

### Nutrition Info per Serving:

Cal: 220, Pro: 7gm, Carbs: 27gm, Fiber: 6gm, Total Fat: 11gm, Sat. Fat: 1gm,  
Trans Fat: 0 gm, Sod: 500mg, Chol: 0mg