

# chicken salad with grapes and pecans

**SERVES 4**

RECIPE ADAPTED FROM: [Delish](#)

PREP TIME: 10 to 15 minutes

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- ½ cup plain Greek yogurt
  - 1 tsp lemon zest
  - juice of 1½ lemons
  - 1 tsp Dijon mustard
  - sea salt
  - freshly ground black pepper
  - 3 cups shredded chicken (rotisserie!)
  - 1 cup red grapes, quartered
  - ½ cup toasted and chopped pecans
  - 4 green onions, sliced (optional)

MIX Greek yogurt, lemon zest and juice, mustard in a large bowl.

SEASON with salt and pepper.

STIR in chicken, grapes, pecans, and green onions and season again with salt and pepper.

MAKE IT A MEAL: Serve over salad greens or as a sandwich or wrap with a whole wheat tortilla or lettuce leaves.

