

Chicken Salad with Red Grapes

Serving Size 1 salad

Servings 4

Prep Time 10 min

Cook Time 10 min



Nutrition Information

Calories	230
Fat	9.4 g
Saturated fat	1.6 g
Monounsaturated fat	6.1 g
Polyunsaturated fat	1.2 g
Protein	19.9 g
Carbs	17.8 g
Fiber	3.2 g
Cholesterol	48 mg
Sodium	323 mg

Health Benefit

[High Protein](#)

Ingredients

8 cups [baby salad greens](#)

2 cups (about 8 ounces) [cooked chicken breast, shredded](#)

1 cup [red seedless grapes, halved](#)

2/3 cup [celery, thin diagonally cut slices](#)

Directions

1. Combine all ingredients in a large bowl; toss gently. Place 2 cups salad on each of 4 plates.

Cooking Light Fresh Food Fast Weeknight Meals, Oxmoor House 2010