

# Fruit in the Coop Chicken Salad

Serves 8

2 cups skinless cooked chicken breasts, diced  
(about 2 pounds raw)  
1½ cups grapes, seedless  
½ teaspoon dried tarragon  
¼ cup parsley, chopped, or 1 tablespoon dried  
1 medium apple, cored and sliced  
⅓ cup celery, diced  
½ cup raisins  
2-4 tablespoons low-fat mayonnaise  
2-4 tablespoons low-fat plain yogurt  
Sprigs of thyme, optional

1. Wash fruit, celery, and herbs (if using fresh).
2. Combine all ingredients except thyme; mix well.
3. Garnish with thyme if desired.

## TIPS:

- Serve in whole-wheat pita pockets.
- Add ¼ cup walnuts, if desired.



## Nutrition Facts:

Serving size: about ½ cup (using 3 tablespoons of mayonnaise and yogurt); Calories: 130; Fruits and Vegetables: ¾ serving ; Fat: 2 g; Fiber: 1 g

