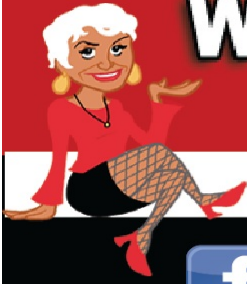


WEIGHT ★ NO ★ MORESM DIET CENTER



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CREAMY CHICKEN SALAD

Stabilization (Week 3) & Maintenance

Ingredients

2 pounds skinless, boneless chicken breast halves
1/2 cup light mayonnaise
1/2 cup plain fat-free Greek yogurt
1 tablespoon fresh lemon juice
1 tablespoon white wine vinegar
1 tablespoon Dijon mustard
1 teaspoon honey
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/3 cup chopped celery
1/3 cup sweetened dried cranberries
7 tablespoons (about 2 ounces) coarsely chopped smoked almonds
6 cups mixed salad greens

Instructions

1. Fill a Dutch oven two-thirds full of water; bring to a boil.
2. Wrap each chicken breast half completely and tightly in heavy-duty plastic wrap. Add the chicken to boiling water. Cover and simmer for 20 minutes or until a thermometer registers 165°. Remove from pan, and let stand for 5 minutes. Unwrap chicken and shred; refrigerate for 30 minutes or until cold.
3. Combine mayonnaise and the next 7 ingredients (through black pepper) in a large bowl, stirring with a whisk until combined. Add chicken, 1/3 cup celery, cranberries, and almonds; toss well to coat. Cover and refrigerate for 1 hour. Serve over salad greens.

Portion-Per-Serving Information (Yields 6 servings):

1 serving = 1 cup chicken salad + 1 cup salad greens = 1 P, 1 V, 1/2 FT