

Chicken Salad

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Serves 1, 2 FSP per serving

- 4 oz chicken breasts, cooked and chopped or shredded
- 2 Tbsp chopped celery
- 1/2 cup red grapes, quartered
- 2 Tbsp fat free sour cream
- 1-2 Tbsp FF Greek yogurt
- 1-2 tsp Nance's Sharp and Creamy Mustard **see note below

1. Mix and let flavors meld in fridge for at least an hour. Serve over mixed greens, on cracker or in a wrap (just adjust your points!

Nance's Sharp and Creamy mustard can be found at Walmart. If you cannot find it, a good substitution for this recipe is Woeber's Reserve Champagne Dill Mustard