



Chicken Salad With Grapes and Pecans

Serving size: About 1 cup

Ingredients:

12 ounces cooked chicken breast, coarsely chopped
2/3 cup seedless green grapes, quartered
1/3 cup pecans, toasted and coarsely chopped
1/2 cup light canola mayonnaise
1/2 teaspoon dried tarragon
1/4 teaspoon kosher salt
Black pepper
2 large whole wheat pitas, halved

Directions:

1. Combine the chicken, grapes, pecans, mayonnaise, tarragon, salt, and pepper to taste in a large bowl and mix well.
2. Add the chicken mixture to each of the pita halves and serve.

Nutrition:

380 calories, 17g fat (1.5g saturated), 500mg sodium, 26g carbohydrate, 4g fiber, 31g protein