



Lemon Infused Blueberry Salad with Grilled Chicken



Recipe Courtesy Chef Bryan Woolley

2 chicken breasts, grilled and cubed (about 2 cups)
¾ cup low-fat lemon yogurt
3 tbsp low fat mayonnaise
½ cup sliced green onions (scallions)
¾ cup diagonally sliced celery
½ cup diced sweet red bell pepper
2 cups fresh blueberries (reserve some for garnish)
Salt and pepper to taste
Extra Virgin olive oil
Endives and butter lettuce for garnish

1. Before assembling the salad, flatten the chicken to equal thickness and then grill.
2. To do this, drizzle a little bit of olive oil on the chicken and sprinkle with salt and pepper. Cook on hot grill about 4 minutes per side or until no longer pink in the middle.
3. Once chicken is cooked, allow to cool and then cut into bite size pieces. Cool meat completely in the refrigerator.
4. In a large bowl, combine low fat lemon yogurt and mayonnaise. Whisk together to combine.
5. Add the chicken breast, green onions, celery, and bell pepper. Gently fold to combine all ingredients. Add blueberries last and gently fold to incorporate.
6. Cover and refrigerate salad for at least an hour to allow flavors to combine.
7. Spoon salad over endives and butter lettuce. Sprinkle with reserved blueberries and serve.

Serves 4

Nutrition Facts

Calories	220
Total Fat	8g
Saturated Fat	1g
Cholesterol	40mg
Sodium	470mg
Carbohydrates	22g
Dietary Fiber	3g
Sugars	15g
Protein	17g

Diabetic Exchanges

Protein	2
Fat	1
Carbohydrates	1

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