

# Peachy Chicken Salad

by Lindsey Sexton - June 07, 2021



Try this simple chicken salad recipe that's great as a light lunch or quick weeknight dinner. Serve with whole grain bread or crackers and a side of veggies and you have a complete MyPlate meal.

Serves 8



**Ingredients**



**Directions**



**Nutritional Information**



- 3 cups chopped cooked chicken
- 1 cup plain fat-free yogurt
- ½ cup fat-free mayonnaise
- 1 teaspoon dried dill leaf OR 1 tablespoon fresh dill, snipped
- Juice from 1 fresh lemon
- 1 15oz. can diced peaches in lite syrup, drained

1. Mix together chicken, yogurt, mayonnaise, dill and lemon juice. Season with salt and pepper to taste.
2. Just before serving, gently mix in the peaches.
3. Serve over salad greens.

Calories 130

Fat 2.5g

Protein 18g

Fiber 1g

Sodium 320mg

Carbohydrate 8g

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