

Orange Chicken Salad

2 cups cooked chicken, chopped
½ cup celery, chopped
15 oz. Mandarin oranges, drained
1 cup halved, seedless red grapes
2 tablespoons toasted, slivered almonds
½ cup reduced fat crumbled feta cheese
½ cup light mayonnaise

Directions:

1. In a medium bowl, stir together chicken, celery, oranges, grapes, almonds, feta and mayonnaise. Put salad in a pita pocket or serve on greens.

Serves 6

Nutrient Analysis, per serving: 212 calories, 15g. carbohydrate, 19g. protein, 8g. fat, 229mg. sodium