

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/yogurt-chicken-salad>

Light & Lactose Free Yogurt Chicken Salad

Prep time: 15 minutes

Servings: 6

All the flavor of a delicious chicken salad but without the heavy oils or mayos that traditional recipes call for. Enjoy on a fresh baguette, atop a salad, or scoop with your favorite crackers for a light and lactose free version of this fresh and tasty classic.

Green Valley Creamery

Ingredients

½ cup Green Valley Creamery Plain Lactose-Free Yogurt

2 lbs of boneless, skinless chicken breasts, baked and shredded

½ cup cut grapes

¼ cup green onions

¼ cup dijon mustard

¼ tsp. garlic salt

½ tsp. smoked paprika

Instructions

1. Shred two lightly seasoned chicken breasts
2. In a medium sized mixing bowl, combine all ingredients
3. Spread on a fresh baguette, place atop a salad, or scoop with crackers and enjoy!