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The BEST Chicken Salad

Need another option for either your kid's lunchbox or even your own? Try this delicious, simple chicken salad. Roasting your chicken may sound daunting, but is super easy and amazingly tender and juicy. I often skip that step when I'm in a time crunch though and use Rotisserie chicken – so feel free to do that too. A few simple ingredients come together to complement the chicken and make a tasty midday treat.

Ingredients:

1 1/2-2 pounds chicken breast on bone, skin removed or buy skinless
5 sprigs fresh rosemary
1 Tbsp olive oil
Salt & freshly ground pepper to taste
3 Tbsp plain Greek yogurt
3 Tbsp mayonnaise
1/2 tsp salt
1 cup red grapes, rinsed and cut in half
1/2 cup walnuts, coarsely chopped

Directions:

1. If using Rotisserie chicken, skip to step #4 and no need for the first 4 ingredients listed.
2. Place a few sprigs of rosemary in roasting or baking pan. Drizzle chicken with olive oil and season with salt and pepper on both sides. Place chicken on top of rosemary in the pan. Remove some of the remaining rosemary from the stems and sprinkle on chicken.
3. Roast chicken at 400 degrees for about 45 minutes or until a meat thermometer reads 165 degrees. Let cool.
4. Remove chicken from bone and chop into bite size pieces.
5. Mix the yogurt, mayonnaise, salt, and pepper.
6. Place chicken in large bowl. Add grapes – either halved or not - and walnuts. Stir in yogurt/mayo dressing. Enjoy over a bed of lettuce or on a sandwich!