

Honey Mustard Chicken Salad

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Ingredients Needed:

- 1 cup cubed cooked chicken breast
- ¾ cup seedless grapes, halved
- ½ cup celery, chopped
- 2 Tbsp. light mayo
- 1 tsp. yellow mustard
- 1 tsp. Dijon mustard
- 2 tsp. honey
- 3 cups lettuce
- 4 walnuts, chopped
- Splash lemon juice
- Pepper

<u>Nutrition Facts:</u>	
Yield	2 servings
Calories	294
Total Fat	11 g
Sat Fat	1.5 g
Sodium	448 mg
Added Sugar	6 g
Fiber	3 g
Vitamin A	35% DV
Vitamin C	29% DV
Vitamin K	215% DV
Potassium	14% DV
Iron	11% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- In a small bowl, combine mayo, mustards, honey, and lemon juice; whisk well to combine.
- To the dressing mixture, add chicken, grapes, celery, and black pepper. Toss to coat.
- Divide lettuce on plates and top with chicken mixture.
- Top salad with cheese crumbles, nuts, and croutons.
- Serve immediately.