



Skinny Chicken Salad :

1 lb. chicken breast (chopped)

1/2 c. diced red onion

1/2 c. diced apple

2/3 c. grapes, halved

1/3 c. dried cranberries

1/4 c. sliced almonds

1/2 c. Greek yogurt

1.5 T. lemon juice

1/2 tsp. garlic powder salt and pepper.

[Lillian Harris](#) shared [Jennifer Severa's photo](#).