

Low-Point Cashew Chicken Salad

Ingredients:

- 3, 4 oz. boneless chicken breasts
- pinch salt and pepper
- 1/2 tsp. dry Italian seasoning
- 2 Tbs light Zesty Italian dressing
- 1/4 cup light mayonnaise
- 1 Tbs light sour cream
- 2 Tbs sweet relish
- 1/4 tsp. dill seed
- 2 Tbs cashews, chopped fine

Preheat grill or oven to 400 degrees. Sprinkle salt and pepper and Italian seasoning over chicken. Drizzle Zesty Italian dressing over chicken, place in a baking dish or on the grill and cook for 15 or 20 minutes (until chicken is cooked through). Remove from heat and let cool for several minutes. Cut up chicken into small pieces and place in a medium bowl. Add mayonnaise, sour cream, relish, dill seed, cashews and combine. Spoon chicken salad on top of a bed of lettuce salad and enjoy!

Total servings - 4

Serving size - 1

Points per serving - 4

Points plus per serving - 4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Follow your own inner compass." - Anonymous