

Low-Point Chick-Pea Chicken Salad

Ingredients:

- 1, 15 oz. can of chickpeas (garbanzo beans), drained and rinsed
- 2 cups canned Swanson White Premium-Chunk Chicken Breast
- 1/2 cup non-fat greek plain yogurt (or any plain yogurt)
- 1/2 cup fat-free mayonnaise
- 1/2 tsp. cumin
- 1/4 tsp. cayenne pepper
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 red pepper, chopped (optional)
- 1/2 cup finely chopped red onion (optional)
- 1/4 cup chopped fresh parsley
- 1/4 cup green olives, halved

Rinse chickpeas and drain. While chickpeas are draining, mix all ingredients in a large bowl. Add chickpeas and combine well. Serve immediately or cover and refrigerate.

Serving size = 1/4 cup
Points per serving = 1.6

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