

Low-Point Healthy Chicken Salad

Ingredients:

- 1, 12.5 oz. can Swanson White Premium Chunk Chicken Breast
- 1/2 cup carrots, chopped
- 1/2 cup apples, chopped
- 1/4 cup celery, chopped
- 1 Tbs capers
- 1/4 cup fat-free mayonnaise
- 1 to 2 Tbs Light Raspberry Vinaigrette dressing
- 4 eggs, boiled, optional

In a small/medium bowl, combine all ingredients (except eggs). Place chicken mixture on a bed of lettuce and add a boiled egg, if desired. Very easy. Very appetizing.

Total servings - 4 (1/2 cup servings)

Serving size - 1 (1/2 cup)

Points per serving - 2.3

Points per serving with 1 boiled egg - 4.3

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

"Be faithful in small things because it is in them where your strength lies." - Mother Teresa