



## Spring Chicken Salad



1/2 of recipe (about 1 heaping cup): 292 calories, 12.5g total fat (3.5g sat. fat), 442mg sodium, 11.5g carbs, 3.5g fiber, 4g sugars, 31.5g protein

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**Prep:** 5 minutes



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## Ingredients

6 oz. cooked and chopped skinless chicken breast  
1 cup frozen peas, thawed  
1/4 cup crumbled feta cheese  
2 tbsp. finely chopped red onion  
1 tsp. chopped fresh dill  
1 tbsp. olive oil  
1 tsp. lemon juice  
1/4 tsp. black pepper  
1/8 tsp. salt  
Serving suggestions: lettuce (salad style or cups), low-carb tortilla, whole-wheat pita

## Directions

Place all ingredients in a large bowl. Mix well.

**MAKES 2 SERVINGS**

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