

Santa Barbara Chicken Salad Recipe

Ingredients:

2 cups cooked whole-wheat blend pasta (or use regular pasta)

1 cup roasted skinless chicken breast meat, cubed

2 stalks celery, finely diced

1 large apple, peeled, cored, and chopped

1/2 cup seedless grapes, halved

6 ounce can (in juice) pineapple tidbits, drained

3 tablespoons light mayonnaise

3 tablespoons fat-free sour cream

1 tablespoon fat-free half-and-half or low-fat milk

1 1/2 teaspoons sugar

1/4 teaspoon salt (optional)

1 pinch ground black pepper

1 pinch ground nutmeg

Preparation:

1. Chill pasta and chicken thoroughly.
2. Mix chicken, celery, apples, grapes, pineapple, mandarin oranges, and pasta in large bowl.
3. Mix the light mayonnaise, fat-free sour cream, fat-free half-and-half or low-fat milk, sugar, salt (if desired), pepper and nutmeg.
4. Combine mayonnaise and chicken mixtures and toss. Store in the refrigerator.

Yield: 2 servings @ 5 points, 7 pointsplus

Nutritional Information: Per side-dish serving:

272 calories, 16 g protein, 41 g carbohydrate, 5.8 g fat (1.3 g saturated fat), 30 mg cholesterol,

