



# Yummy Chicken Salad

From the kitchen of: Brenda Ricard  
Category: Luncheon

Servings: 8  
Prep time: 50 Min.

## INGREDIENTS

- 3 pounds boneless, skinless chicken breast
- 3 cups Fat Free chicken broth
- 1 1/2 cups quartered pecans
- 1 cup diced celery
- 1 cup chopped fresh dill
- 1 1/2 cups fat free sour cream
- 1 1/2 cups fat free mayonaise
- 1/2-1 cup of chopped grapes (your choice)
- salt & pepper to taste
- 2 bunches of watercress (optional)
- dill sprigs for garnish

## INSTRUCTIONS

Preheat oven to 350 degrees. Arrange the chicken breast in a single layer in a shallow pan. Pour enough chicken broth in the pan to cover the chicken. Lay a sheet of parchment paper or foil over the chicken and cook til done 30 mins. Allow chicken to cool in the liquid; then discard liquid. Shred the chicken into bite size pieces and place in a large bowl. Add the grapes, pecans, celery and chopped dill. In a separate bowl mix sour cream and mayonaise together. Toss this into the chicken salad. Season with salt & pepper. Cover and refrigerate for 2 hours. Serve on a bed of watercress or other salad greens, garnish with dill sprigs

Per Serving

Calories:

Carb (g):

g Fat:

g Chol:

g Protein:

g Sodium: