

Salad

Chunky Chicken Salad with Grapes & Pecans

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Servings: 8

Start to Finish Time: 25 minutes

1/2 cup mayonnaise

2 tablespoons sour cream

1 tablespoon lemon juice

1/8 teaspoon salt

1/8 teaspoon pepper

4 cups rotisserie chicken, shredded

1 1/4 cups seedless red grapes, halved

1/2 cup pecans, chopped

1/2 cup celery, chopped

1/4 cup sweet onion (optional), chopped

romaine leaves

In a large bowl, combine the mayonnaise, sour cream, lemon juice, salt and pepper.

Add the chicken, grapes, pecans, celery and, if desired, the onion. Mix lightly to coat.

Serve on the romaine.

Per Serving (excluding unknown items): 153 Calories; 17g Fat (93.4% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 119mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.