

## Chicken Salad

### Ingredients

1 lb. cooked chicken breast  
½ cup diced apple  
2/3 cup grapes cut in half  
½ cup diced red onion (optional)  
2/3 cup plain Greek yogurt  
2 Tbs. lemon juice  
½ teaspoon garlic powder  
1 teaspoon poppy seeds  
Salt  
Pepper  
Lettuce leaves

### Utensils

Knife and cutting board  
Measuring cup  
Measuring spoons  
Large mixing bowl  
Spoon  
Lemon reamer

Season the chicken breast with salt and pepper and bake at 400° for 1 hour or until done. Take the chicken out and let cool. Shred the chicken. Dice the apple and onion if using. Cut the grapes in half. The dish can be prepared up to this point in advance. In a large bowl, combine shredded chicken, red onion, apple, grapes, Greek yogurt, lemon juice, garlic powder, poppy seeds, salt, and pepper. Mix until well combined. Serve on lettuce leaves.