

## **Finger Lickin' Chicken Salad**—1 Serving

**Did you know?** Your daily protein target (in grams) should be about half your weight (in pounds). The Recommended Daily Allowance (RDA) for protein is 46 grams for women and 56 grams for men.

½ cup cubed roasted boneless skinless chicken breast

½ rib celery, cut into 1-inch pieces

¼ cup drained mandarin orange segments

¼ cup seedless red grapes

2 tablespoons fat-free lemon yogurt

1 tablespoon reduced-fat mayonnaise

¼ teaspoon reduced-sodium soy sauce

¼ teaspoon pumpkin pie spice or ground cinnamon

Toss together chicken, celery, oranges and grapes. Place in covered plastic container. For dipping sauce, stir together yogurt, mayonnaise, soy sauce and pumpkin pie spice. Pack chicken mixture and dipping sauce in insulated bag with ice pack.