



Michigan Cherry Chicken Salad Wraps

INGREDIENTS (Yield: 4 servings)

- 1-pound cooked chicken breast, diced
- 1 large green apple, finely chopped
- ¼ cup red onion, finely diced
- 1/3 cup dried cherries
- ¼ cup walnut pieces
- ½ cup nonfat Greek yogurt
- 3 tablespoons blue cheese crumbles
- 1 tablespoon lemon juice
- 1 tablespoon honey
- ½ teaspoon garlic powder
- 1/8 teaspoon salt
- 12 Romaine heart leaves, rinsed and patted dry

NUTRITION INFORMATION: 304 Calories; 10 grams fat; 2 grams saturated fat; 89 mg cholesterol; 199 mg sodium; 23 grams carbohydrates; 3 grams fiber; 32 grams protein

DIRECTIONS

1. Place chicken, green apple, red onion, cherries, and walnuts into a large bowl. Mix and set aside. In a small mixing bowl, combine Greek yogurt, blue cheese, lemon juice, honey, garlic powder, and salt. Stir to combine. Add sauce to shredded chicken mixture and toss to evenly coat. Add large spoonful of chicken mixture to each lettuce wrap..