

CHICKEN SALAD
submitted by Connie Arnold

Ingredients:

3 lbs. boneless, skinless chicken breast cooked and pulled apart

4-6 oz cream cheese (low fat or fat free)

4-6 oz. plain yogurt (low fat or fat free)

1/8-1/4 cup mayo

1 stick of celery, diced

1/2-1 tsp. celery seed

salt

pepper

garlic powder (optional)

Mix all ingredients together well. This is much better after it sits for a day or two.

You can add more or less of each ingredient to each individual taste.