

Cucumber Dill Chicken Salad & Dressing

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Nutritional Facts for Cucumber Dill Dressing:

Serving Size: 8

Calories - 78

Protein - 3

Fat - 4

Sodium - 319

Ingredients for Cucumber Dill Dressing:

8 oz low fat cream cheese

8 oz skim milk

8 oz cucumber, peeled and seeded

1 oz fresh dill, chopped

1 tbsp dijon mustard

1 tsp chopped garlic

1/4 tsp black pepper

1/2 tsp salt

1 oz lemon juice

1/4 tsp lemon zest



Directions:

Blend cream cheese with cucumbers. Add milk and blend until smooth. Add remaining ingredients except for the dill. Blend until smooth. Add dill. Store in refrigerator.

Nutritional Facts for Cucumber Dill Chicken Salad:

Serving Size: 1

Calories - 628

Protein - 66

Fat - 35

Sodium - 669

Ingredients for Cucumber Dill Chicken Salad:

6 oz small diced chicken (cooked chicken)

1 tbsp chopped scallion

1 tbsp celery

2 tbsp grated carrot

2 tbsp toasted sliced almonds

salt and pepper to taste

1/4 cup cucumber dill dressing

Directions:

Place cooked chicken in a bowl and season with salt and pepper. Add the remainder of the ingredients. Add the cucumber dressing so the ingredients are evenly coated.

Salad Plate:

Dress 1 and 1/2 cup of spring mix with a little olive oil, lemon juice, and salt and pepper. Also add 1/8 of a cup of grated carrot. Scoop out 1 tomato with chicken salad. Arrange the green around the tomato and serve it with grilled pita triangles. Garnish with scallion brush.