

Chicken Salad Blues

Ingredients

4 Romaine Lettuce leaves

9.75oz of Chicken Breast

Small cucumber

Celery stalk chopped

8 Cherry Tomatoes

2 oz of Crumbled Blue Cheese

¼ cup Reduced Fat Mayonnaise

Combine chicken, celery and mayonnaise.

Mix lightly.

Arrange lettuce around plate.

Place cucumbers around plate.

Add Chicken breast on top.

Add tomatoes.

Sprinkle blue cheese on top.

Refrigerate until ready to serve.

Enjoy this light, healthy snack!