

JANELLE'S CHICKEN SALAD LETTUCE WRAPS

Ingredients:

Boneless skinless chicken breasts, cooked and shredded (leftover from the night before)

Large handful halved red or black grapes

1 handful of chopped pecans

¼ cup diced green onions

¼ cup plain yogurt

¼ cup mayo

1 T dijon mustard (try using the packet you get for fast food!)

1 T garlic powder

Juice of 1 fresh lemon

S&P to taste + any other seasonings you might like

Bread or Lettuce cups

Instructions:

To a large bowl add shredded chicken, grapes, pecans, and green onions

In a small bowl add the rest of the ingredients, and stir together

Add the liquid mixture to the chicken dish

Stir everything together until it is completely combined

Serve on a slice of bread or in a cup of lettuce