

Sunflower Seed, Grape, Chicken Salad, Light Mayonnaise

Serving Size: ½ cup

Makes 8 servings

Ingredients:

9 ½ oz	chicken breast, boneless
2½ tsp	canola oil
¾ tsp	parsley, chopped
¾ tsp	oregano, fresh, chopped
¾ tsp	cilantro, fresh, chopped
¾ tsp	basil, fresh, chopped
1½ tsp	chives, fresh, chopped
¼ tsp	ground black pepper
⅓ cup	light mayonnaise
⅓ cup	low fat sour cream
1 tbsp	dijon mustard
¾ tsp	honey
1½ tsp	tarragon, fresh, minced
¾ cup	red grapes, halved
¾ cup	celery, finely chopped
⅓ cup	sunflower seeds

Preparation:

1. Preheat grill to 425°F.
2. Brush chicken with canola oil and sprinkle parsley, oregano, cilantro, basil, chives, and black pepper on each side. Pat herbs to stick to chicken.
3. Place chicken on grill. Grill chicken for around 5 minutes on each side or until juices run clear and internal temperature reaches 165°F.
4. Cut chicken into small cubes. Cover and refrigerate.
5. In a large mixing bowl combine mayo, sour cream, dijon, honey and tarragon to make a creamy dressing.
6. Mix together cooled, diced grilled chicken, dressing, grapes, celery, and sunflower seeds.

NUTRITION FACTS PER SERVING

calories	260
total fat (g)	12
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	210
total carbohydrate (g)	7
dietary fiber (g)	1
sugar (g)	3
protein (g)	30



RD APPROVED



BLOG

[FLIK-USA.com/blog](https://www.flik-usa.com/blog)



FLIK Hospitality
Group



@FLIKHospitality

Food by FLIK