



Ginger-Grape Grilled Chicken Salad

Ingredients:

- 1 large head romaine lettuce, rinsed
- 3 large boneless, skinless chicken breast halves
- ½ cup low-fat vanilla yogurt
- 3 Tbsps. fresh ginger, finely grated
- 3 cups seedless red grapes, rinsed

Instructions:

- 1.) Grill chicken breasts completely, set aside.
- 2.) Remove stems from lettuce and tear into bite-sized pieces.
- 3.) Slice chicken into ½ inch slices cut against the grain of the meat; chop into 1-inch pieces.
- 4.) Blend yogurt and ginger together.
- 5.) In large bowl, toss the grapes, yogurt dressing and chicken until cooled.
- 6.) Serve slightly chilled on a bed of lettuce.

YIELD: 6 servings

- Serve with a glass of low-fat milk and carrot sticks.
- Serve on a whole-wheat tortilla as a wrap.

Getting kids cooking:

- Kids can pick the grapes off the stems and rinse them in cold water.
- Kids can remove the stems from the lettuce and tear it into bite-sized pieces.
- Kids can blend the yogurt and ginger.
- Kids can stir the chicken, dressing, and grapes together gently.

Nutrition Analysis

Serving: 1/6 recipe	Total Carb: 11.8 g
Calories: 151	Dietary Fiber: 0.7 g
Total Fat: 2.6 g	Sodium: 60 mg
Calories from Fat: 15%	Protein: 19.9 g
Saturated Fat: 0.8 g	Calcium: 60 mg
Trans Fat: 0 g	Iron: 1.1 mg

Source:

Celebrating a Healthy Harvest Cookbook
WIC (Women, Infants, and Children)