



Greek Yogurt Chicken Salad

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Skinny Greek Yogurt Chicken Salad with dill, grapes, celery, and almonds. An easy, healthy version of classic chicken salad. Creamy, cool, and crunchy!

PREP: 20 mins **COOK:** 0 mins **TOTAL:** 2 hrs 20 mins

SERVINGS: 6 cups approx.

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Ingredients

- 3 cups [cooked boneless skinless chicken breasts](#) (about 1 1/4 pounds or 3 small/medium breasts), 1/2-inch-diced
- 2 cups seedless red grapes *halved*
- 3 medium stalks celery *diced (scant 1 1/2 cups)*
- 2 large green onions *or 3 small/medium green onions, thinly sliced (about 1/4 cup)*
- 1/2 cup sliced almonds *or slivered almonds, toasted*
- 1 cup plain nonfat Greek yogurt
- 2 tablespoons nonfat milk
- 2 teaspoons honey
- 1 teaspoon kosher salt *plus additional to taste*
- 1/2 teaspoon black pepper *plus additional to taste*
- 2 tablespoons chopped fresh dill
- Serving suggestions: whole-grain bread *croissants, lettuce leaves, crackers*

Instructions

- 1 Place the diced chicken, grapes, celery, green onions, and almonds in a large bowl. In another bowl, whisk together the Greek yogurt, milk, honey, salt, and pepper. Pour over the chicken mixture and toss to coat. Taste and add additional salt and pepper as desired. If time allows, refrigerate for 2 hours or overnight.
- 2 When ready to serve, sprinkle with fresh dill. Serve as a filling for sandwiches, atop salad greens, as a dip with crackers, or simply enjoy it directly out of the bowl.

Notes

- Leftover chicken salad will keep in the refrigerator for 3 to 4 days.

Nutrition

SERVING: 1(of 6), about 1 cup **CALORIES:** 228kcal **CARBOHYDRATES:** 17g **PROTEIN:** 27g **FAT:** 6g
CHOLESTEROL: 48mg **SODIUM:** 327mg **FIBER:** 2g **SUGAR:** 12g

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