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Chicken Salad with Grapes and Pecans

Use both mayonnaise and sour cream to add creaminess to this classic **chicken salad**, which features grapes, pecans, and chopped celery for a nice mixture of sweet-and-salty crunch.

- **Yield:** Serves 8

Photo by: Photo: Ben Fink;
Styling: Andrea Steinberg

Ingredients

- 6 cups chopped cooked chicken
- 2 teaspoons Dijon mustard
- 1/2 cup light sour cream
- 1/2 cup light mayonnaise
- 1 tablespoon fresh lemon juice
- 2 cups chopped celery
- 2 tablespoons poppy seeds
- 2 cups red seedless grapes, sliced lengthwise
- Salt and pepper, to taste
- 1/2 cup pecans
- Whole-grain crackers, optional

Preparation

In a large bowl, combine chicken, Dijon mustard, sour cream, mayonnaise, fresh lemon juice, celery, poppy seeds and grapes. Stir well and season with salt and pepper. Cover and chill until ready to serve. Just before serving, fold in pecans. Enjoy with whole-grain crackers, if desired.

Nutritional Information

Amount per serving

Calories 443 Fat 19 g Satfat 3 g Protein 38 g Carbohydrate 31 g Fiber 4 g Cholesterol 100 mg
Sodium 400 mg

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