

## **Rosemary Chicken Salad**

*(Norise Jastillana)*

A **Cooking Light** recipe. NOTE: I “cheated” and started with Costco chicken salad, which I enhanced with the green onions, smoked almonds, rosemary and Dijon. I filled small tomatoes with the salad to avoid a carb overload.

3 cups chopped roasted skinless, boneless chicken breasts (about 3/4 pound)

1/3 cup chopped green onions

1/4 cup chopped smoked almonds

1/4 cup plain fat-free yogurt

1/4 cup light mayonnaise

1 teaspoon chopped fresh rosemary

1 teaspoon Dijon mustard

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

10 slices whole-grain bread

### **Preparation**

Combine first 9 ingredients, stirring well. Spread about 2/3 cup of chicken mixture over each of 5 bread slices, and top with remaining bread slices. Cut sandwiches diagonally in half.