

# Scrumptious Chicken Salad



**PREP TIME : 15 MIN**

**COOK TIME : 0 MIN**

**SERVES : 6**

## ***Ingredients :***

- ***1/2 cup (125 mL) VH® Sweet & Sour Dipping Sauce or VH® Plum Dipping Sauce***
- ***3 tbsp (45 mL) chopped fresh parsley***
- ***1 cup (250 mL) plain yogurt, fat free, or light mayonnaise***
- ***3 cups (750 mL) diced cooked chicken***
- ***1 cup (250 mL) finely chopped celery***
- ***1/2 cup (125 mL) each of finely chopped red and/or green pepper***
- ***1/2 cup (125 mL) sliced red onion***
- ***1/2 cup (125 mL) your choice of dried fruits (apricots, dates, raisins, etc.)***
- ***Lettuce leaves or hollowed sweet red or orange peppers, to garnish***

## ***Directions :***

- 1. Stir VH® Sweet & Sour Dipping Sauce, parsley and yogurt together in a small bowl.***
- 2. Arrange chicken, celery, peppers, onion and dried fruit on lettuce leaves or in sweet peppers.***
- 3. Pour the sauce over the chicken.***

***Suggestion: The diced chicken may also be replaced with whole chicken breasts, each portion cooked on the grill.***

***VH Sweet & Sour Dipping Sauce makes a great salad dressing in this delicious recipe.***