

CopyCat Arby's Grilled Chicken & Pecan Salad

Ingredients

4 cups chicken breast cooked and cut into chunks
1 cup red grapes halved or quartered, depending on size
1 cup red apple chopped
1 cup celery chopped
1/2 cup pecans chopped
1/2 cup mayonnaise
1/2 cup plain lowfat yogurt
salt to taste
pepper to taste

Directions

Mix the mayonnaise and yogurt in a small bowl.

1/2 cup mayonnaise, 1/2 cup plain lowfat yogurt

Put the first five ingredients into a large bowl, add mayonnaise mixture, dash of salt and pepper, toss to coat. Add more salt and pepper if necessary.

Serve on a bed of lettuce or bread with lettuce, if desired.