



# Chicken-Cashew Salad

Submitted by Wendy Kefoury

**Serves 4 Prep time 10 min. Total time 15 min.**

**1/2 cup** plain yogurt

**1 Tablespoon** Dijon mustard

**Salt and pepper to taste**

**1 1/2 cups** shredded cooked chicken breast

**1 cup** frozen Lima beans, thawed

**1 package** (5-6 oz) mixed salad greens

**1/4 cup** red grapes, halved

**1** red apple, chopped

**1/2 cup** cashews, coarsely chopped

**Combine:** Yogurt, mustard, salt/pepper in a large bowl. Can add a splash of water to loosen.

**Add:** Chicken, beans, greens, grapes, apple. Toss to coat and sprinkle with cashews to serve.

