



Warm Chicken Pecan Salad

Prep: 30 min.

Total: 30 min.

- 4 small boneless skinless chicken breast halves (1 lb.)
- 4 green onions, sliced
- 1/4 cup pecan pieces
- 1/4 cup dried cranberries
- 1/4 cup real mayonnaise
- 2 Tbsp. GREY POUPON Hearty Spicy Brown Mustard

Spray grill pan or large skillet with cooking spray. Add chicken; cook on medium-high heat 5 min. on each side or until chicken is cooked through (165°F). Remove chicken from pan; cool slightly.

Chop chicken; place in medium bowl. Add remaining ingredients; mix lightly.

Serve warm.

Makes 4 servings.

Shortcut:

Substitute 1 pkg. (6 oz.) Grilled Chicken Breast Strips for the chopped cooked fresh chicken.

Nutritional Information Per Serving:

310 calories, 19g total fat, 3g saturated fat, 70mg cholesterol, 220mg sodium, 9g carbohydrate, 2g dietary fiber, 7g sugars, 26g protein, 4% DV vitamin A, 6% DV vitamin C, 4%DV calcium, 8% DV iron.