

Chicken Salad with Greens, Grapes, Fig and Buttermilk Ranch Dressing

Yield: 6 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap scallions and onion for green part of green onions or chives

Ingredients

1½ lbs grilled chicken breast, ¼ inch cubes
2 cups green grapes, quartered
1 cup figs, chopped
1 cup walnuts, chopped
¼ cup scallions, sliced thin on the bias
10 oz mixed greens
½ red onion, thinly sliced
1 cup ranch dressing
(separate recipe)

Directions

1. Place chicken (1½ lbs), grapes (2 cups), figs (1 cup), walnuts (1 cup), scallions (¼ cup), and ranch dressing (¼ cup) in a mixing bowl, and gently fold to combine. Taste and adjust salt as needed.
2. Place mixed greens in another mixing bowl. Toss with just enough ranch dressing to lightly coat the leaves. Recipe on separate page.
3. Platter the dressed greens, top with the chicken salad, and sprinkle with red onion.

Buttermilk Ranch Dressing

Nutrition Facts

Serving size 1 (.7oz)

Amount Per Serving **20g**

Calories 42

% Daily Value

Total Fat 4g **6%**

Saturated Fat 0.9g **4%**

Cholesterol 4mg **1%**

Sodium 198mg **8%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g **1%**

Vitamin A **3%**

Vitamin C **3%**

Calcium **2%**

Iron **1%**

Chicken Salad with Greens, Grapes and Fig

Nutrition Facts

Serving size 1 (9.2oz)

Amount Per Serving **261g**

Calories 420

% Daily Value

Total Fat 17.2g **26%**

Saturated Fat 2.4g **12%**

Cholesterol 96mg **32%**

Sodium 102mg **4%**

Total Carbohydrate 29g **10%**

Dietary Fiber 5g **20%**

Sugars 21g

Protein 40g **80%**

Vitamin A **72%**

Vitamin C **12%**

Calcium **10%**

Iron **16%**

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