

# Rotisserie Chicken and Grape Salad

**Prep time: 20 minutes**

**Serves: 6**

## **Ingredients:**

1 rotisserie chicken, deboned and rough chopped  
3 cups sliced green grapes  
½ cup slivered almond, toasted  
2 celery ribs, diced  
3 green onions, sliced  
¾ cup light mayonnaise  
¼ cup fat free sour cream  
2 Tbsp sherry (cooking sherry is fine)  
½ tsp seasoned salt  
¼ tsp ground black pepper  
½ head leaf lettuce

## **Directions:**

1. In medium bowl, combine all ingredients. Toss to combine.  
2. Serve on bed of leaf lettuce.  
Serve with artisan bread from bakery.

## **Serving Nutritionals**

calories 840  
calories from fat 640  
total fat 71g  
saturated fat 17g  
trans fat 0.5g  
cholesterol 225mg  
sodium 970mg  
total carbohydrate 23g  
dietary fiber 3g  
sugars 14g  
protein 30g  
vitamin A 60%  
vitamin C 25%  
calcium 10%  
iron 15%

Tip: To toast almonds, put in small nonstick skillet over medium heat. Stir often until golden brown, about 4 to 5 minutes.

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