



Fruit & Nut Chicken Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 cup wheat berries, cooked & cooled
- 1/2 pound cooked chicken breast (I Foreman grilled mine), chopped & cooled
- 2 celery stalks, chopped
- 1 cup purple grapes, halved
- 1/4 cup chopped pecans
- 4 TBSP low fat mayo
- 1/2 to 3/4 of one cantaloupe, chopped
- salt & pepper as desired

Instructions

Mix all ingredients and serve over a bed of mixed greens. BTW, I am LOVING the herb salad mix! YUM, so much flavor you hardly need dressing! This makes a great little lunch...