- Prep Time: 10 minutes
- Cook Time: 0 minutes (using pre-cooked chicken) or 15 minutes (if poaching chicken)
- Total Time: 10–25 minutes
- Servings: 4 servings
- Course: Lunch, Salad
- Cuisine: American
- Intensity Level: Low (No cooking required if using leftovers; simple mixing)

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Ingredients

To keep this recipe “Zero-Point” friendly, we rely on lean proteins and free vegetables.

The Salad Base:

- 3 cups cooked, shredded chicken breast (skinless, boneless)
- ½ cup plain, non-fat Greek yogurt (This is the magic ingredient for creaminess)
- 2 tbsp light mayonnaise (Optional: for extra richness, though it adds points; omit for strict zero-point)
- 1 tsp Dijon mustard (adds tang and depth)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp fresh dill, chopped (or 1 tsp dried dill)
- 1 tbsp fresh chives or green onions, chopped
- Salt and black pepper to taste

The Crunch (Free Veggies):

- ½ cup celery, finely diced
- ¼ cup red onion, finely diced (optional, for bite)
- ¼ cup dill pickles, finely chopped (adds a briny kick without points)

Optional Add-ins (Check your specific program for point values):

- Sliced grapes (adds sweetness)
- Slivered almonds (adds healthy fats/crunch)

Instructions

Step 1: Prepare the Chicken
If you are using raw chicken breasts, bring a pot of water to a boil. Add the chicken and simmer for 15–20 minutes until cooked through (internal temperature reaches 165°F/74°C). Remove, let cool slightly, and shred using two forks.
Shortcut: Use leftover rotisserie chicken breast (remove the skin) or canned chicken breast in water (drained well).

Step 2: The Creamy Base
In a large mixing bowl, combine the non-fat Greek yogurt, Dijon mustard, garlic powder, onion powder, salt, and pepper. Whisk until smooth. If you are using the light mayonnaise for extra texture, whisk it in now.

Step 3: Combine the Ingredients
Add the shredded chicken, diced celery, red onion, pickles, fresh dill, and chives to the bowl with the yogurt mixture.

Step 4: Fold and Mix
Using a spatula, fold the ingredients together until the chicken is evenly coated in the creamy dressing. Be careful not to over-mix, or the chicken may become mushy.

Step 5: Chill
While you can eat this immediately, the flavors meld beautifully if you cover the bowl and refrigerate for at least 30 minutes. This allows the garlic and onion powders to hydrate and flavor the chicken.

Recipe Notes & Tips

- Consistency: If the salad seems too dry, add a tablespoon of water or more Greek yogurt. If it seems too wet, add a few more shredded chicken pieces.

- Texture is Key: The diced celery and pickles are crucial. They provide the “crunch” that usually comes from fat in traditional recipes.

- Serving Suggestions: Serve this salad on a bed of crisp lettuce, wrapped in a low-carb tortilla, or stuffed into a whole-wheat pita. For a zero-point option, serve it in lettuce cups.

Nutrition Information (Per Serving)

Note: Nutritional values are estimates and will vary based on specific brands used (especially the Greek yogurt and mayonnaise).

- Calories: ~165 kcal
- Protein: 28g
- Carbohydrates: 4g
- Dietary Fiber: 1g
- Sugars: 2g
- Fat: 3g
- Saturated Fat: 0.5g
- Cholesterol: 65mg
- Sodium: 350mg (depends on pickle/salt usage)