

# Chicken Broccoli Salad

## Dressing Ingredients

2 cups plain (unsweetened) yogurt  
1/2 cup mayonnaise  
3 Tbsp. + 1 tsp. granulated sugar

3 Tbsp. red wine vinegar  
1 tsp. salt  
1/4 tsp. black pepper

## Salad Ingredients

4 chicken breasts  
6 cups broccoli florets  
2 – 3 cups grapes, halved  
6 – 8 slices cooked, crumbled bacon

4 - 6 ribs celery, thinly sliced  
2/3 cup scallions, sliced thin  
3/4 cup toasted slivered almonds  
2 Tbsp. toasted sesame seeds

## Directions

Prepare dressing by blending all ingredients together with a whisk until fully mixed. Set aside in the refrigerator.

Toast almonds and sesame seeds separately in a frypan over low heat until golden brown (NOTE: don't cook them together as they will take different amounts of time). Allow to cool thoroughly.

Cut broccoli into bite-sized pieces. Bring to boil, salted water in a medium sized saucepot. Add broccoli and cook for 3 minutes until tender crisp. Drain and either run under cold water or place in a bowl with ice and cold water. Toss until broccoli is fully cooled to stop cooking. When cool, drain thoroughly, and set aside.

Cook chicken breasts until they reach an internal temperature of 165 degrees. You can use an indoor grill, frypan or cook them in the oven. You can also boil them, but I prefer to get a little color on them to add flavor. Allow to cool before cutting into bite-sized (about 1/2") cubes.

Combine all ingredients with dressing until well mixed. Refrigerate for at least 4 hours before serving (I find early in the day or even the night before serving to be best). Toss well before serving.

**Enjoy!**