

Cucumber Chicken Salad Bites

INGREDIENTS

- 2, 5oz cans cooked chicken, shredded
- 3/4 cup low-fat greek yogurt
- 1/4 cup onion, finely diced
- 1/2 cup red bell pepper, diced
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne
- Black pepper, to taste
- 2 cucumbers, sliced

TIME: 20 MINUTES SERVINGS: 2

*CARBS PER SERVING: 23.3 G
*SUGARS PER SERVING: 16G

*estimated



Adapted from: blog.memeinge.com



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TIME: 20 MINUTES SERVINGS: 4

*CARBS PER SERVING: 23.3 G
*SUGARS PER SERVING: 16G

*estimated



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PROCEDURE

1. Drain excess water from canned chicken. Add chicken to a large bowl, set aside
2. Add greek yogurt, lemon juice, honey, salt, garlic powder, paprika, and cayenne to a small bowl and whisk until everything is incorporated
3. Pour mixture on top of chicken and mix together
4. Add in red bell pepper and onion and stir well
5. Cover and place in refrigerator for one hour
6. Slice cucumbers and scoop out most of the seeds out of each slice - leave enough so there is still cucumber in the bottom
7. Place about 1 tablespoon of chicken salad on each cucumber
8. Plate and serve!

This recipe is a diabetes-friendly choice, offering protein-rich chicken and 23 grams of carbohydrates - making it a great snack!



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