

# Poppy Seed Chicken and Grape Pasta Salad

## Ingredients

10 oz. bow tie pasta about 4 cups  
2 cups cooked and cooled, diced chicken breast  
12 oz. red grapes halved, about 2 cups  
1 cup diced celery  
3/4 cup sliced almonds  
1/2 cup sliced green onions, green part  
1/3 cup dried cranberries

## Dressing

1/2 cup fat free plain Greek yogurt  
1/2 cup full fat mayonnaise  
3 tbsp white wine vinegar or apple cider vinegar  
3 tbsp honey  
2 tbsp granulated sugar  
1 tbsp poppy seeds  
1/2 tsp salt then more to taste

## Instructions

1. Cook pasta to al dente in salted boiling water according to directions on package.
2. Drain then rinse with cold water and let drain completely. Set aside to let cool.
3. In a mixing bowl whisk together Greek yogurt, mayonnaise, vinegar, honey, sugar, poppy seeds and 1/2 salt.
4. Add drained pasta to a salad bowl along with chicken, grapes, celery, almonds, green onions and cranberries.
5. Pour dressing over top and toss to evenly coat. Season with more salt to taste and toss.
6. Chill at least 30 minutes before serving. Serve Chilled

