

## Chicken Salad Pesto

1/4 cup pine nuts  
1 cup salt-free chicken broth  
4 skinless, boneless chicken breasts  
1 cup plain non-fat yogurt  
2 tablespoons light, cholesterol-free mayonnaise  
1 tablespoon pesto sauce  
1/2 cup chopped red or green onion  
2 cups sliced fresh spinach  
2 tablespoons sliced black olives, rinsed and drained (optional)  
2 cups cooked small pasta (e.g. rotini or fusilli) (optional)

1. Toast pine nuts over low heat in a small skillet until lightly browned. Watch carefully as nuts burn easily. Set aside.
2. Pour chicken broth into a medium skillet and bring to a boil. Reduce heat to a simmer and add chicken breasts. Cover and simmer gently until just done. (Cut in center to check that chicken is no longer pink.) Chill chicken in broth. Remove chicken and cube.
3. In a large bowl, combine yogurt, mayonnaise and pesto sauce. Mix well. Add chicken, onion, spinach, olives, pine nuts, and pasta (if using). Mix well. Serve at room temperature.

### **Makes 4-6 servings.**

*Per serving: 244 calories, 11 gm fat, 70 mg cholesterol, 1 gm fiber, 148 mg sodium.*

Source: *Delitefully HealthMark* by Susan Stevens, HealthMark Centers of Colorado

Comments: Before we leave on boating cruises, I like to cook several chicken breasts while we're still in our slip at the dock. The cooked chicken is great for many different recipes, making cooking a bit easier on the first few days out. This salad is also good to prepare before we leave the dock, or, if we're heading north, on the long passage from Pender Harbor to Desolation Sound. It will last us for 3 or 4 meals and keeps reasonably well in the refrigerator for several days. A serving of this salad and some good bread makes a complete meal for us. I usually use red onions and always add the black olives and pasta.