Lemon-Thyme Chicken Salad

<https://www.cookinglight.com/recipes/lemon-thyme-chicken-salad>

Ingredients

4 cups water

2 bay leaves

9 ounces skinless, boneless chicken breast

1/4 cup plain 2% reduced-fat Greek yogurt

1 tablespoon olive oil

1 1/2 teaspoons fresh thyme leaves

1 teaspoon grated lemon rind

1/4 teaspoon kosher salt

1/4 teaspoon black pepper

2 tablespoons slivered red onion

Step 1

Bring 4 cups water and bay leaves to a simmer in a saucepan. Add chicken; simmer 15 minutes or until done. Drain; discard bay leaves. Cool chicken slightly; shred.

Step 2

Combine yogurt, oil, thyme, rind, salt, and pepper in a medium bowl, stirring with a whisk. Add chicken and onion; toss well to combine.