**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

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**Nutritional Information**

* Calories 236

* Fat 11g

* Satfat 2g
* Unsatfat 7g

* Protein 31g

* Carbohydrate 2g

* Fiber 0.0g

* Sodium 307mg

* Calcium 3% DV

* Potassium 13% DV

* Sugars 1g