



Michele Cushatt's Chicken Salad

Season and cook three large chicken breasts in 1-2 TBSP olive until done, then dice and put into a large bowl. Squeeze the juice of one large lemon over the chicken, and stir. Add nonfat, plain Greek Yogurt and a TBSP or two of honey or agave, to taste. Add chopped tart apple, dried cranberries, toasted almonds and green onions (optional). Serve with crackers or lettuce cups...or eat it with a spoon right outta the bowl.

[The World's Easiest \(and best!\) Whole Roasted Chicken](#)

1 Whole chicken – giblets removed, rinsed and patted dry
6 garlic cloves cut in half
½ stick of butter
Garlic salt and pepper
Preheat the oven to 425
Put the chicken in a roasting pan breast side up
Salt and pepper cavity, put garlic in cavity
Chop up butter into pats and place all over the top of the chicken
Sprinkle the top with garlic salt and pepper
Roast until chicken's internal temperature is 165
Let sit twenty minutes and enjoy!