# Baked Chicken Salad

## DRESSING

1 cup reduced calorie mayonnaise

1 (8-oz) non-fat sour cream

1 tablespoon lemon juice

1 tablespoon Dijon mustard

**SALAD**

4 cups cubed cooked chicken

2 cups thinly sliced celery

1 cup halved red seedless grapes

1 (8-oz) pineapple tidbits, drained

8-oz (2 cups) shredded sharp Cheddar cheese

½ cup plain breadcrumbs

1 tablespoon margarine or butter, melted

½ cup sliced almonds

## DIRECTIONS

1. Heat over to 325°. Spray 13x9-inch (3-quart) baking dish with nonstick cooking spray.
2. In medium bowl, combine all dressing ingredients; blend well. Set aside.
3. In large bowl, combine chicken, celery, grapes pineapple, and 1 ½ cup of the cheese; toss gently to mix.
4. Pour dressing over chicken mixture; mix gently.
5. Spoon evenly into sprayed baking dish.
6. In small bowl, combine remaining ½ cup cheese, breadcrumbs, and margarine; mix well. Sprinkle over chicken mixture. Top with almonds.
7. Bake at 325°for 35-45 minutes or until thoroughly heated.