

**Pesto Chicken Salad**

2 roasted boneless/skinless chicken breasts - chopped

¼ cup pesto

¼ cup plain Greek yogurt

3 TBSP hemp seeds

pinch of salt

sliced strawberries

rinsed, chopped butter lettuce

Combine the chicken with the pesto, Greek yogurt, hemp seeds and salt. Mix until well coated. Serve a large scoop on top of the butter lettuce and top with sliced strawberries. You can also take all these ingredients and wrap them up in a whole grain tortilla for a hand held meal.