

CLASSIC CHICKEN SALAD

Creamy chicken salad with crisp celery, tart apple, and toasted pecans



INSTRUCTIONS

1. Chop and combine the chicken and add-ins

- 3 cups cooked chicken, chopped or shredded
- 3 celery ribs, diced
- 1 tart apple (like Granny Smith), chopped
- 1 1/2 green onions, thinly sliced
- 1/4 cup pecans or walnuts, chopped

Place the chicken, celery, apple, green onion, and nuts in a large bowl.

2. Mix the dressing

- 3/4 cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp fresh lemon juice
- 1/2 tsp seasoned salt
- 1/4 tsp black pepper
- 1 1/2 tsp fresh dill, chopped (or 1/2 tsp dried dill)

In a separate small bowl, stir the mayonnaise, Dijon, lemon juice, seasoned salt, pepper, and dill together until combined.

3. Combine and serve

Pour the dressing over the chicken mixture and toss well to coat everything evenly. Taste and adjust salt and pepper if needed. Serve on bread, over greens, or in lettuce wraps.

NUTRITION (per serving, makes about 6 servings)

- Calories: 358
- Total Fat: 26g
- Total Carbs: 6g

- Fiber: 2g
- Net Carbs: 4g
- Protein: 22g

STORAGE

Keep in an airtight container in the fridge for up to 5 days.