



Chicken Salad

Here is a quick healthy take on the classic chicken salad. Perfect in a sandwich, on a cracker or as a stand-alone snack.



Prep time: **5 Min.** Cook time: **5 Min.** Yield: **6 servings**

Ingredients

- 12 ounces** Rotisserie chicken (finely chopped) or 1 can of chicken
- 1/3 cup** Light Mayonnaise or miracle whip
- 1/2 cup** Celery (chopped)
- 1 1/2 teaspoon** Kosher salt
- 1/3 cup** Red onion (diced)
- 2 tablespoons** Chicken broth (optional)
- 1 teaspoon** Dijon
- 1/2 teaspoon** seasoned salt (preferably Lawry’s no-salt seasoning salt)
- Black pepper (to taste)

Serve with: fresh cucumbers (instead of cracker), air fryer carrots for dipping or drizzle a little Nate’s hot honey on top.

Directions

In a medium bowl, combine all ingredients and mix well, season with salt and pepper to taste.

Serve over salad, in a wrap, or in a sandwich.

Poach your own chicken breast

Cover chicken breast with broth in a small pot.

Add salt and pepper, a piece of whole celery with leaves (you could also add herbs like parsley, garlic onion or any of your other favorite herbs) bring to a boil. Reduce to a simmer and cook for 5 minutes.

Remove from heat, cover tight and let sit for 15-20 minutes or until chicken breast temp reaches 160 degrees.

Chicken will be cooked through. Let it cool before chopping.

Nutrition Facts

6 servings per container	
Serving size	(97g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 410mg	18%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.