

chicken salad

Chicken salad can be served in a pita - easy to hold and eat. Or wrap chicken salad in a whole wheat tortilla, cut into small servings and eat!

- 3 cups cooked chopped chicken
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- ½ cup low fat mayonnaise
- salt and black pepper to taste



Combine chicken, celery, onion and mayonnaise together in a bowl. Season with salt and pepper. Cover and refrigerate.

Two Variations:

- Add ½ cup finely chopped canned mushrooms and 1 teaspoon curry powder.
- Stir in 2 tablespoons pickle relish.

Tip - Use a rotisserie chicken, leftover grilled or baked chicken in this recipe.

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