

# Chicken salad

Serves 8

## Ingredients:

3-4 boneless skinless chicken breasts, poached and shredded (or save time with canned or rotisserie)

1 tsp salt

2-3 Tbsp lemon juice

2 cups diced celery

1/3 c mayonnaise

1/2 cup slivered almonds

One, 11 oz can mandarin orange segments, packed in juice or water and drained

## Instructions:

1. In a large bowl, combine chicken breasts, salt, lemon juice, and celery.
2. Store in the fridge overnight
3. About 1-2 hours before serving, add mayo, almonds, and mandarin oranges. Stir and chill
4. Serve on lettuce cups, a bed of mixed greens, or on toasted whole grain bread or a wrap.

Approximate nutrition facts per serving:

Calories: 182, Protein 13g, Fat 11 g, Carb 7 g, Fiber 2 g