

# Buffalo Chicken Salad

---

## Ingredients:

- 1 rotisserie chicken or 4 cups diced, cooked chicken
- 1 large carrot, peeled and diced
- 2-3 celery sticks cut in halves lengthwise then sliced
- 1/2 medium red onion, chopped

### For the dressing:

- 1/2 cup olive oil and avocado oil based mayo
- 1/2 cup cottage cheese
- 2 Tbsp lemon juice
- 1/2 cup buffalo sauce of choice - *I use primal*
- A few celery leaves from the celery sticks you used
- 1/2 tsp salt, or to taste
- 1/2 tsp black pepper

## Directions

1. In a large mixing bowl, combine diced chicken, carrots, sliced celery, and chopped onion
2. In a blender or food processor, mix together all dressing ingredients. Blend until smooth.
3. Add all of the dressing to the salad, or add it to taste and stir until salad is evenly coated with dressing. Cover and refrigerate until ready to serve.
4. Enjoy!

---

MADE WITH LOVE

---

by Teresa Forchard