

Chicken Salad

Ingredients

- 1 rotisserie chicken or 4 cups diced, cooked chicken
- 2 cups seedless red grapes, halved
- 2-3 celery sticks cut in halves lengthwise then sliced
- 1/2 medium red onion, chopped
- 1 cup pecans, or walnuts, coarsely chopped
- Dressing
 - 1/2 cup olive oil or avocado oil based mayo
 - 1/2 cup cottage cheese
 - 2 Tbsp lemon juice
 - 2 Tbsp dill, finely chopped
 - 2 TBS fresh parsley
 - 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, halved grapes, sliced celery, chopped onion and nuts of choice.
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 Forehand