

CHICKEN SALAD

By Dr. Cindy Tanzar

There are as many ways to make chicken salad as there are to make chili. Having several variations provides different flavor profiles that keep us from getting bored with our food choices. It's very fresh with great summertime flavors. Using a rotisserie chicken makes the recipe easy to make, but you can always roast or grill your own chicken. Wrap it in a large lettuce leaf, eat it on top of a bed of greens or just enjoy it scooped next to some extra raw veggies like peppers or tomatoes.

Makes 4 servings.



INGREDIENTS

- 3 cups rotisserie chicken* (or roasted/grilled chicken), chopped
- 2/3 cup mayonnaise
- 1 Tbsp. Dijon mustard
- Juice of 1/2 large lemon (or more, to taste)
- 1/3 cup green onion or Vidalia onion, diced small
- 3/4 cup seedless cucumber, peeled and diced**
- 1/2 cup celery, diced
- 1/4 cup fresh parsley, chopped (optional, but good)
- 1/4 cup fresh dill, chopped (optional, but good)
- 1 tsp. pink Himalayan salt
- 1/4 tsp. freshly-ground black pepper



INSTRUCTIONS

Place all the ingredients together into a large bowl and gently mix until completely combined. Store leftovers in the refrigerator.

*Rotisserie chicken adds another level of flavor than roasted or grilled.

**If making ahead of time, wait to add the cucumber until ready to serve to keep the salad from getting watery and preserve the crispness of the cucumbers.