

SIMPLE CHICKEN SALAD

Coming up with healthy, high protein lunches isn't always easy for me, but I have these ingredients on hand almost all the time and this simple chicken salad is flavorful, and everyone in my family loves it. We tuck it into pitas, use it for sandwiches, or top a nice big salad with it.

Ingredients.

3 bone in, skin on chicken breasts
kosher salt
freshly ground black pepper
extra virgin olive oil
1/2 cup mayonnaise or Veganaise
6 green onions, thinly sliced
4 tablespoons dijon mustard
3-4 stalks celery, thinly sliced
palmful fresh marjoram, tarragon, or thyme, minced

Directions.

Preheat the oven to 375° F. Place the chicken breast on a cookie sheet, drizzle with olive oil and season generously with salt and black pepper. Roast until the interior temperature reaches 170°. Remove from the oven and allow it to cool.

Meanwhile, prep all your other ingredients. Once the chicken has cooled, remove and discard the skin, and cut the breast meat from the bone. Roughly dice the meat, and mix it in a bowl along with the mayonnaise, green onions, dijon mustard, celery, and fresh herbs. Season to taste with salt and pepper.

Pile the chicken salad into pitas or onto your favorite sandwich bread, or scoop it on top of some crisp romaine for a great salad.

Enjoy!

RECIPE BY KACIE MCMACKIN

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