



Meryll

refreshingly healthy

California Chicken Salad

Ingredients:

2 lbs	Boneless, skinless chicken breasts
1/2 cup	Pecans, toasted, chopped
2 cups	Red Grapes, sliced, seedless
3	Celery, stalks
4 tbsp	Mayonnaise
4 tsp	Apple cider vinegar
5 tsp	Honey
1 wedge	Lemon juice, fresh, juice of 1 wedge
1/2 tsp	Sea salt



Recipe Directions:

Prepare dressing: In bowl mix together mayonnaise, vinegar, honey, salt and lemon juice. Reserve in refrigerator.

Salad: Preheat oven to 350 degrees. Place chicken in one layer on baking dish with 1/2 cup water. Cover the dish and bake chicken breasts for 25 minutes until cooked completely through. Remove from pan and cool slightly, then chill. Cover chicken in the refrigerator. When cold dice the breasts into bite size pieces. Combine the chicken with the pecans, grapes, celery and dressing.

Serve.

Nutrient Analysis:

Calories: 264.49 Protein: 27.97 g Carbs: 13.23 g Total Fat: 11.78 g

Sat Fat: 1.61 g Cholesterol: 81.88 mg Sodium: 254.03 mg Fiber: 1.68 g

Serves 8