

## Basic chicken salad

submitted by rjcopelin



Per serving: 294 Calories • 6.3g Carbs (1.9g Fiber) • 16.5g Fat • 29.6g Protein

## Ingredients

*Ingredients scaled to: 4 serving*

- 8 tbsp **Light mayonnaise** (120 grams)
- 1/4 tsp **Pepper** (0.53 grams)
- 1/2 cup, slivered **Almonds** (54 grams)
- 1 stalk, medium (7-1/2" - 8" long) **Celery** (40 grams)
- 1 tbsp **Lemon juice** (15 grams)
- 4 half breast (fillet) **Chicken breast** (472 grams)

## Directions

*Directions are based on the original recipe of 4 servings*

1. Cook chicken breasts to preference, either pan fried (8 minutes a side on medium-high heat) or baked (400F for 20 minutes) until there's no pink in the middle. Chop chicken breast into pieces.
2. Optionally roast almonds in a frying pan. Chop celery. In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Toss with chicken, almonds, and celery.