

Chicken Salad

Add some nuts for an additional crunch! Serve in a lettuce wrap or on some whole grain bread.

Ingredients:

- 2/3 cup chicken stock
- 2/3 cup water
- 4 oz boneless skinless chicken breast
- 1/4 cup mayo
- 3 tbsp celery, thinly sliced
- 1 tsp fresh lemon juice
- 1/2 tsp mustard
- 1/8 tsp salt
- 1/4 cup red seedless grapes, thinly sliced

Directions:

1. In a medium pot, combine the stock and water and bring to a boil. Add in the chicken, reduce the heat slightly and cook until the chicken is no longer pink inside, about 10-12 minutes.
2. Drain the chicken and shred or chop into pieces.
3. Mix all the ingredients, except the grapes and chicken, in a small bowl until well mixed.
4. Fold in the chicken and grapes until well coated.

Makes 4 servings

