



CHICKEN SALAD

Serves 4

2 cans of chicken drained
½ Apple chopped into smaller pieces
½ cup Mayonnaise
Salt and pepper to taste

2 chopped celery stalks
½ cup toasted almonds
1 tbsp lemon juice

1. Thoroughly drain chicken and place in mixing bowl. Using a fork, shred chicken into smaller pieces
2. Chop celery into smaller pieces and add to chicken
3. Chop apple into smaller pieces and add to chicken
4. Add toasted almonds to chicken
5. Squeeze 1 tbsp of lemon into a mixing bowl, add mayonnaise and blend. Can also add desired salt and pepper to this mixture
6. Add mayonnaise mixture to chicken and blend thoroughly
7. Adjust salt and pepper to taste.