



Eat More Chicken Salad

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: 20 MINS

Ingredients

4 chicken breasts
pickle juice
pickles, diced
2 cups plain greek
yogurt
1tbsp apple cider vinegar
1tbsp lemon juice
¼ cup barbeque sauce
1tsp garlic powder
1tsp onion powder
1tsp yellow mustard
2tbsp dijon mustard
2tbsp honey
1tsp paprika
1tsp liquid smoke

Directions

- 1.Add the chicken and pickle juice to a bag to marinate for about 2-3 hours.
- 2.Cook chicken and let cool completely.
- 3.Add all other ingredients to a bowl and whisk together. Mix well.
- 4.Cube or shred cooked chicken.
- 5.Add chicken, diced pickles and yogurt mixture.
- 6.Serve cold.

This chicken salad is my health spin on a fast-food favorite chicken sandwich. Delicious any way you would like to eat it. Even with a side of waffle fries if you'd like.