

# CLASSIC CHICKEN SALAD WITH PECANS

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 40 mins

This traditional chicken salad can be made even easier by using leftover chicken or a rotisserie chicken. Simply combine the ingredients and serve on a bed of greens or as a sandwich on a croissant.

## INGREDIENTS

6 cups water or low sodium vegetable broth  
3 large celery stalks, divided  
1 onion, peeled and cut into 4 pieces  
1/8 teaspoon pepper, plus additional to taste  
1 1/4 pounds boneless, skinless chicken breast (see recipe notes)  
3/4 cup toasted pecans pieces (see recipe notes)

## Method:

1. Add water or broth to a medium pot. Cut 2 celery stalks into 4 pieces and add to pot along with onion pieces and fresh pepper, to taste. Add the chicken breasts and bring water or broth to a boil. Turn heat down and simmer for about 20 minutes or until chicken is cooked and no longer pink inside. Once cooked, remove chicken to a plate and chill in the refrigerator while making the rest of the salad.

3/4 cup red grapes, cut in half  
1 tablespoon chopped fresh dill  
(optional)  
1/3 cup light or regular  
mayonnaise  
1 tablespoon Dijon mustard  
1/4 teaspoon salt, or to taste

2. Chop the remaining two stalks of celery into small pieces and add to a large bowl. Add the pecans, grapes and dill. Add the mayonnaise and mustard.
3. Remove the chilled chicken from the refrigerator and shred into small pieces, adding it to the rest of the ingredients in the bowl.
4. Mix until well combined. Add salt and pepper to taste. Refrigerate until ready to serve. Salad tastes even better when it has time to sit in the refrigerator for a few hours or overnight.

*Recipe notes:*

*You may use leftover chicken or a rotisserie chicken and skip to step 2.*

*Roasted pecan recipe can be found [here](#).*

**NUTRITION FACTS**

Calories	Fat	Sat Fat	Sodium
240	14g	2g	450mg

Carbs	Fiber	Protein
7g	2g	20g