

Chicken Salad



Makes 2 servings.

Preparation: 20 min. Cook approx. 25 min.

Ingredients:

- 6oz chicken
- 5 celery stalks
- ½ c red onion
- 4 T French's mustard
- 2 T Kraft fat free mayo
- 1 tsp Mrs. Dash onion & herb seasoning
- Pepper

Directions:

Preheat oven to 350 degrees. Bake the chicken breast for approx. 25 min. till thoroughly cooked. Allow to cool completely.

Meanwhile, in a food chopper mince the onion and celery. Then mince the chicken.

In a mixing bowl mix the onion, celery, seasoning, mustard, mayo, & chicken. Serve on top a bed of lettuce.

Nutrients: 135 calories, 20.6g protein, 8.7g carbohydrates, 1.4g fat