

CHICKEN SALAD

RECIPES

NUTRITION FACTS| PER Serving @ 1/4 prepared

Calories: UNDER 300 **Sugar:** 12 **Sodium:** 140
Fat: 2 **Carbohydrates:** < 30g **Fiber:** 2g,
Protein: 28grams

TIPS & NOTES

- **Serving Size:** serves 4!
- **Storage:** Refrigerate 4-5 days.
- Cut the recipe in half to make less servings, especially if you like a variety of foods!
- Use with a lower carb wrap, on lettuce to be really low carb, or use a slice a bread cut in half to make a sandwich

Nutrition Information

1. Cranberry Chicken Salad:

a. *Calories: 195 Sugar: 12, Sodium: 140, Fat:2, Carbohydrates: 16, Fiber: 2 Protein: 28 grams*

2. Southwest Chicken Salad:

a. *Calories: 254, Sugar: 7, Sodium: 276, Fat: 3, Carbs: 25, Fiber: 6, Protein: 33*

4 HEALTHY CHICKEN SALAD RECIPES



3. BLT Chicken Salad:

a. *Calories: 229, Sugar: 3, Sodium: 443, Fat: 10g, Carbs: 6g, Fiber: 1, Protein: 32*

4. Creamy Pesto Chicken Salad:

a. *Calories: 266, Sugar: 2, Sodium: 241, Fat: 15, Carbs: 4, Fiber: 1 Protein: 30*

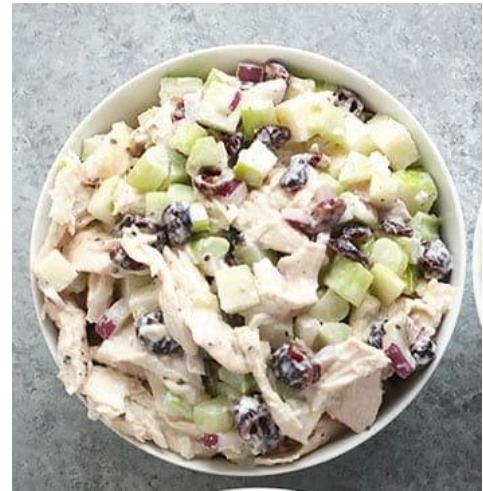


Southwest Chicken Salad

- 1 lb. cooked, shredded chicken breast
- 1 cup sweet corn
- 1 cup can black beans drained/rinsed
- 1/2 cup red onion, finely diced
- 1/4 cup fresh cilantro, chopped
- 1 medium red pepper, diced
- 1/2 cup Plain yogurt
- 2 tablespoons lime juice
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 2 teaspoons vinegar-based hot sauce

INSTRUCTIONS (Southwest salad)

1. Place shredded chicken, sweet corn, black beans, red onion, fresh cilantro, and red pepper into a large bowl. Mix and set aside.
2. Create the sauce by mixing together plain greek yogurt, lime juice, cumin, chili powder, salt, and hot sauce.
3. Add sauce to the shredded chicken mixture and mix until combined.



Cranberry Apple Chicken Salad

- 1 lb. cooked, shredded chicken breast
- 1 large green apple, finely chopped
- 1/4 cup red onion, finely diced
- 2 large celery stalks, finely diced
- 1/3 cup dried cranberries (or Craisins)
- 1/2 cup Plain yogurt
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt pepper, to taste

INSTRUCTIONS: *Cranberry chicken salad*

1. Place shredded chicken, sweet corn, black beans, red onion, fresh cilantro, and red pepper into a large bowl. Mix and set aside.
2. Create the sauce by mixing together plain greek yogurt, lime juice, cumin, chili powder, salt, and hot sauce.
3. Add sauce to the shredded chicken mixture and mix until combined.

BLT Chicken Salad

- 1 lb. cooked, shredded chicken breast
- 6 slices of bacon, chopped
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely diced
- 1 cup chopped kale, deboned
- 1 teaspoon olive oil
- 1/2 cup Plain yogurt
- 1 teaspoon ranch seasoning
- 1/2 tablespoon lemon juice
- 1/2 teaspoon hot sauce

INSTRUCTIONS:

1. First, make your massaged kale. Place kale into a medium bowl and drizzle on a teaspoon of olive oil. Then, use your hands to massage the oil into the kale for 3-5 minutes or until the kale becomes wilted and broken down.
2. Place shredded chicken, bacon, cherry tomatoes, red onion, and massaged kale into a large bowl. Mix and set aside.
3. Create the sauce by mixing together the plain yogurt, ranch seasoning, lemon juice, and hot sauce. Add sauce to the shredded chicken mixture and mix until combined.



Creamy Pesto Chicken Salad

- 1 lb. cooked, shredded chicken breast
- 1 cup cherry tomatoes, halved
- 1 cup mozzarella balls, halved- OR shredded cheese (opt for low fat)
- 1/4 cup pine nuts
- 1/4 cup fresh basil, chopped
- 1/2 cup Plain yogurt
- 3 tablespoons pesto (check out our [homemade pesto recipe](#))--SEE BELOW
- 1/2 tablespoon lemon juice
- salt and pepper, to taste



INSTRUCTIONS:

1. Place shredded chicken, cherry tomatoes, mozzarella balls, pine nuts, and fresh basil into a large bowl. Mix and set aside.
2. Create the sauce by mixing together yogurt, pesto, lemon juice, salt, and pepper.
3. Add sauce to the shredded chicken mixture and mix until combined.

* * * * *

Homemade PESTO:

1 cup packed basil leaves, fresh (~20-22 fresh basil leaves), 1/4 cup grated parmesan, 1 tablespoon fresh lemon juice, 1 medium clove garlic, 2 tablespoons pine nuts, 3 tablespoons olive oil

INSTRUCTIONS:

Place all ingredients into a high-speed food processor for 60 seconds. MAKES 1/3 CUP PESTO.

Serving Size: ~2 tablespoons|NUTRITION

INFO:Calories: 145 Sugar: 0 Fat: 15 Carbohydrates: 2 Fiber: 0 Protein: 3g