

Almond Chicken Salad

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A nutty chicken salad served with rye bread.

Ingredients

8 oz boneless skinless chicken breasts , cooked (cut into strips)
2 medium celery stalks , sliced
1 tbsp slivered almonds
2 tbsp fat free mayonnaise
1 tsp dried dill weed
1 pinch salt (optional)
2 piece slice rye bread (optional)
1 pinch black pepper



Directions

- 1 Chop chicken and celery. Place in small mixing bowl.
- 2 Toast almonds in toaster oven until golden. Add to chicken.
- 3 Stir in mayonnaise, dill, salt, and pepper.
- 4 Spoon salad onto two separate plates and serve with low carbohydrate bread or wrap.

Additional Information

To lower the carbohydrates, serve on top of large lettuce leaves in place of bread.

Nutrition Facts

Makes 2 servings

Amount Per Serving

Calories 169

Total Carbs 5 g

Dietary Fiber 1.5 g

Total Fat 2.5 g

Protein 30.5 g