



Chicken Salad Recipes

Apple and Cheddar Chicken Salad from Diethood

Thai Chicken Salad from Cookin Canuck

BBQ Chicken Salad from Dinner at the Zoo

Greek Quinoa Salad with Chicken from Delicious Meets Healthy

Grilled Lemon Herb Mediterranean Salad from Cafe Delites

Produce

- Romaine lettuce (2-3) (6 C) (4 C)
- granny smith apples (2)
- red delicious apples (2)
- Napa cabbage (4 C)
- small red cabbage (2 C)
- carrots (2 medium)
- green onion (3) (1/2 C)
- lime (1 for juice)
- corn (1 C, can be canned)
- tomatos (1 C) (2 Roma)
- jicama (1 C)
- avocado (1) (1)
- kale (8 C)
- Italian cucumber (1) (1)
- lemon (2)
- garlic (2 t)
- red onion (1)

Herbs

- fresh parsley (garnish) (2 T)
- cilantro (1/4 C)

Spices

- dried basil (2 t)
- dried oregano (1 t)

Dairy

- cheddar (2 C)
- plain yogurt (1/2 C)
- Monterey Jack Cheese (1 C)
- feta (optional topping)

Nuts

- walnuts (1 C)
- silvered almonds (3 T) (garnish)

Chicken

- chicken breasts (2-3) (2 C) (3 C) (1.2 lbs) (4)

Grains & Seeds

- quinoa (1 C)

Pantry Items

- eggless mayo (1/4 C)
- honey (3 T) (3 t)
- natural peanut butter (3 T)
- soy sauce (2 T)
- fish sauce (2 t)
- rice vinegar (2 t)
- chili garlic sauce (1 t)
- BBQ sauce (1/2 C)
- ranch dressing (3/4 C)
- black beans (15 oz can)
- tortilla strips (1 1/2 C)
- olive oil (1/4 C) (2 T)
- sun dried tomatoes (1/4 C)
- white wine vinegar (2 T)
- red wine vinegar (2 T)
- Kalamata olives (1/3 C pitted)