

Steph's Chicken Salad

9 ingredients · 20 minutes · 2 servings



Directions

1. Pull all meat from the cooked rotisserie chicken, discard the skin then add the celery, apple and mayo/lemon juice mixture to the bowl and toss to combine.
2. Enjoy as is OR wrap the chicken mixture in cabbage leaves. Option to sprinkle pumpkin seeds over top!

Notes

Dairy-Free

Use a dairy-free yogurt, like coconut yogurt.

No Purple Cabbage

Use romaine leaves, butter lettuce leaves, kale leaves or a tortilla instead.

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to two wraps.

Ingredients

6 ozs Whole Rotisserie Chicken (boneless, skinless, cut into cubes)

1/4 tsp Oregano

1/4 tsp Thyme

1 stalk Celery (chopped)

1/4 Apple (diced)

1 tbsp Mayonnaise

1/2 tsp Lemon Juice

Sea Salt & Black Pepper (to taste)

1 cup Purple Cabbage (pulled apart into leaves)

Nutrition

Amount per serving

Calories	246	Cholesterol	88mg
Fat	16g	Sodium	558mg
Carbs	7g	Vitamin A	610IU
Fiber	2g	Vitamin C	28mg
Sugar	4g	Calcium	72mg
Protein	19g	Iron	1mg