



## Mobile Teaching Kitchen



304-414-5940  
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## Stealthy Chicken Salad



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Recipe created and crafted by Shayla Leftridge in WV Health Right's COMMUNITY Wellness Teaching Kitchen

**Calories: 460**

**Fat: 4g**

**Carbs: 10g**

**Protein: 30g**

## RECIPE:

Marinate chicken in olive oil and spices of choice (1–24 hours). Spray pan with cooking spray and cook chicken until temp of 165° on medium. Set chicken aside to cool. Chop all fruits and vegetables bite size and combine with finely chopped herbs. Cube cooled chicken and add all ingredients. Mix lightly and season to taste. Chill before serving.

## INGREDIENTS:

- 1T. olive oil (in marinade)
- ½ chicken breast (4oz.)
- 2 oz. olive oil mayo
- 1t. dijon mustard
- ¼ cup grapes cut in ¼
- ½ celery stalk diced
- 1 green onion
- 1T. white or red onion diced
- 1t. parsley
- 1T. toasted almonds (or walnuts)
- 1t. lemon juice
- ¼ t. garlic and onion powder
- ¼ t. all-purpose seasoning
- 1t. chopped tarragon
- 1 low-carb tortilla (optional)
- fresh basil leaves (or dark leafy greens optional)

*Note: Taste of seasonings will change once cooled, so be sure to taste again before serving.*