



## Chicken Salad

### Instructions:

- Lightly salt the chicken.
- Cook for 4 minutes on each side.
- Chop the chicken into fine pieces.
- Add the rest of the ingredients and mix.

**If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.**

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### Prep Time:

5 minutes

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### Cook Time:

8 minutes

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### Ingredients:

- 5 oz. chicken cutlet
- 2 TBSP. lite mayonnaise
- 1 oz. celery - chopped finely
- salt, pepper & parsley to taste
- Pam