



Chicken Salad

Instructions:

Coat a pan with 3 seconds of Pam and add the chicken.

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.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

5 minutes

Cook Time:

8 minutes

Ingredients:

5 oz. chicken cutlet

2 TBSP. lite mayonnaise

1 oz. celery - chopped finely

salt, pepper & parsley to
taste

Pam