



## 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**

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**Prep Time:**

5 minutes

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**Cook Time:**

8 minutes

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**Ingredients:**

4 oz. chicken cutlet

1 TBSP. lite mayonnaise

1 oz. celery - chopped finely

salt, pepper & parsley to  
taste

Pam