



Chicken Salad

Chicken Salad is such a common recipe - it's one of the most versatile and adaptable recipes out there! Here's our basic Keto version. We love the pecans and celery for a little extra flavor and crunch, enjoy!

Here are the Ingredients You'll Need:

- 3 Cups chopped or shredded chicken
- 1 Cup chopped celery
- 3 T chopped green onions
- 1/4 Cup chopped pecans
- 1 1/4 Cup Mayo
- 3 T Dijon mustard
- 1 teaspoon Sea salt
- 1/4 teaspoon Black pepper



Recipe:

- Measure the ingredients, add it to a bowl and mix it up!

The Keto Dad Tips:

- I love to cook the chicken in the instant pot with poultry seasoning - super easy and it shreds well – then shred or dice the chicken - whichever you prefer!
- Make it a little in advance and let it sit in the fridge for all the flavors to mix together
- Watch your additional add-ins. Grapes might be tasty, but can add a lot of carbs and sugar fast! Try: Cheddar Cheese, Bacon Bits, Dill, Chopped Pickles!
- Want a little variety? You can even heat your chicken salad up and serve it warm on toasted 90 second bread!

Serves: 6

Macros: Calories: 449, Fat: 37g, Carbs: 1g, Fiber: 1g (Net Carbs 0), Protein: 18g

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