



Creamy Chicken Salad

Description

Ingredients

- 2 cups shredded and cooked chicken breast
- 1/4 cup red onion, chopped
- 2 tablespoons celery, chopped
- 2 teaspoons fresh dill, chopped
- 1 tablespoon of lemon juice
- 1 tablespoon of yellow mustard
- 1/2 cup mayonnaise
- 1/2 teaspoon of black pepper
- salt to taste
- Lettuce leaves, optional

Can You Freeze This Salad?

- The consistency of Keto Creamy Chicken Salad may change as you freeze the Salad, . It is much better to make a fresh chicken salad and refrigerate it.

Ways to Eat Your Salad

- There are many ways to serve this Salad. Use a bowl and eat directly as is.

Instructions

1. Take a bowl and mix all the ingredients. mix until well mixed.
2. Take a bowl and put the salad you prepared in it, or you can serve it using lettuce.

Nutrition facts:

1 portion | Calories: 315kcal | Carbs: 2g | Protein: 22g | Fat: 24g | Saturated Fat: 4g | Trans Fat: 1g | Cholesterol: 71mg | Sodium: 276mg |

Category

1. High Protein Recipes

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