



Chicken Salad

- 5 pounds chicken tenders
- 3 blades of celery, chopped
- 1 cup seedless red grapes
- 2 T. parsley
- 2 apples, chopped
- 1 cup chopped pecans
- 1 tsp. Sugar
- 1/3 cup mayonnaise

Boil the chicken until cooked. Cool, then cut into bit size pieces. I chopped the chicken with my food chopper; it makes a nice chicken salad spread. In a large bowl add the rest of the ingredients and toss lightly. Chill well and serve on bed of lettuce or use for sandwiches. I used croissants...very good! I substituted Equal for sugar and used fat free mayo to help with the calorie counters.

Recipe courtesy of Stacie Finken, one of MACC's Training/Conversion Analysts II. Have a recipe you'd like to share? Send it to Ryan at rthompson@macnet.com.