

Chicken Pecan Salad

Ingredients

1 ½ cups cooked chicken, diced
2 big ribs celery, diced
¼ medium, sweet red onion, diced
¼ cup chopped pecans
1/3 cup mayonnaise (low fat)
Salt

Toss the chicken, celery, onion, pecans, and mayonnaise together. Salt to taste and serve.

Makes 2 Servings

Nutrients Per Serving:
5 g Carbohydrates
2 g Fiber
24 g Protein