

## **Rotisserie Chicken Salad**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Makes: 5-1/2 cups

**CChints:** A cooked rotisserie chicken from your local supermarket is your best friend for making quick and delicious meals. Some markets offer different flavors like lemon-pepper, original, Mojo, etc. Your salad will have a the unique flavor from the chicken you select, and that is what makes it so yummy.



1 Rotisserie chicken, skin removed and deboned cut into small bite size pieces, about 4 + cups  
4 stalks of celery, diced  
1/2 cup yellow (sweet) onion, diced  
3/4 cup reduced-fat mayonnaise  
2 Tablespoons prepared yellow mustard  
Salt & pepper to taste

Skin and debone the chicken and lay the pieces on a cutting board. Cut chicken into small bite-size pieces and transfer those pieces into a large mixing bowl. Wash and dry the cutting board and all utensils that came in contact with the chicken.

Dice the celery and onion and add them to the chicken. Toss these 3 together. Add the mayo, mustard, salt and pepper to the bowl and blend to coat as evenly as possible.

It is ready to serve or to allow the flavors to blend together better, pour into a resealable 6 cup container. Leftovers will keep in the refrigerator up to 4 days.

### **Chicken Salad, Salad**

Assemble your favorite lettuce leaves on a plate and garnish with slices of tomato. Add 1/2 cup chicken salad to the center of the lettuce. Optional, one tablespoon of your favorite light dressing over the lettuce leaves.

### **Chicken Salad Sandwich**

You will need two slices of your favorite sandwich bread, white, whole wheat or multi-grained per sandwich. Apply 1 teaspoon of reduced fat mayonnaise to one side of one piece of bread. Lay one piece of lettuce on the mayonnaise and spread up to 1/3 - 1/2 cup of your chicken salad. Top with the other piece of bread. Slice in half and put on a plate. Serve with chips and a pickle. Option; for tea sandwiches, cut the sandwich in half and cut each half in half again.

### **Chicken Salad Appetizer**

Get out your favorite flavor snack crackers and count out the number of appetizers you want to make. This recipe will make more than 50 appetizers. Lay your crackers out on a serving plate. Drop 1 teaspoon full on each cracker. Garnish with a piece of diced red bell pepper or slice green olive or diced pickle. Serve immediately because the moisture in the salad will try to work its way into the crackers.