



CUCUMBER DILL ROTISSERIE CHICKEN SALAD

By Dr. Cindy Tanzar
(Standard or Maintenance Plans)

Using a rotisserie chicken makes this recipe easy to make, but you can always roast or grill your own chicken. Wrap it in a large lettuce leaf, eat it on top of a bed of greens or just enjoy it scooped next to some extra raw veggies like peppers or tomatoes.

This recipe makes 4 servings. Each serving covers your protein, fat and 1/3 cup of raw vegetables for one meal.



INGREDIENTS

- 3 cups rotisserie chicken* (or roasted/grilled chicken), chopped
- 2/3 cup Genesis mayo or Primal Kitchen mayo
- 1 Tbsp. Dijon mustard
- Juice of 1/2 large lemon (or more, to taste)
- 1/3 cup green onion or Vidalia onion, diced small
- 3/4 cup seedless cucumber, peeled and diced (See Note below)
- 1/2 cup celery, diced
- 1/4 cup fresh organic parsley, chopped (optional, but good)



1 to 1-1/2 Tbsp dill, to taste
1 tsp. pink Himalayan salt
1/4 tsp. freshly-ground black pepper

INSTRUCTIONS

Place all the ingredients together into a large bowl and gently mix until completely combined. Store leftovers in the refrigerator.

NOTE: If making ahead of time, wait to add the cucumber until ready to serve to keep the salad from getting watery and preserve the crispness of the cucumbers.