

OUT RUN YOUR FORK - RECIPES

Chicken Salad Sandwich

Ingredients:

2 cups chopped cooked chicken
1/2 cup chopped celery
1/2 cup chopped carrots
1/4 cup chopped onion
1/4 teaspoon fresh dill
1/2 teaspoon coarse salt
1/4 teaspoon freshly ground black pepper
1/4 cup mayonnaise or yogurt

Preparation:

Place chicken in 9x12 pan for baking. Add 1/4 cup water. Cover with foil and place in oven. Bake at 350 for 25 minutes or until fully cooked. Chop into cubes and set aside to cool.

Chop carrots, celery and onion and place into large mixing bowl. Add fresh dill, salt, pepper and mayonnaise or yogurt. Add cooled chicken and mix.

Serve fresh or on multigrain bread.

