



# Chicken Salad

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 3 or 4 lean **chicken breasts**
- about 1/4 medium **onion** sliced/chopped
- about 1/4 medium **red pepper** sliced/chopped
- 2-4 cloves of **garlic** sliced/chopped
- about 3 Tbsp **sweet pickle relish**
- about 3/4 cup low fat **mayonnaise**

## Tips:

- Adjust all quantities to taste, especially when it comes to the relish and mayo.
- I've found the type of mayo used has almost no outcome on the flavor of the chicken salad, so just buy the kind with the lowest fat you can.
- Do *not* use miracle whip for this! It will be far too sweet once the sweet pickle relish is added!
- Keep refrigerated and serve cold!

## Instructions

1. Chop up the **pepper**, **onion**, and **garlic** into manageable pieces and put them in a food processor to blend into a paste. Transfer paste to mixing bowl.
2. Add **relish** and **mayo** to mixing bowl.
3. Cut up the **chicken breasts** into strips, and cook on a George Foreman grill or

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some other method.

4. Once **chicken** is cooked thoroughly, put it in the food processor to shred it into smaller pieces.
5. Add shredded **chicken** to mixing bowl and mix all ingredients together.
6. Taste and make sure it's to your liking, you may need to add more **relish** and/or **mayo** to get the desired thickness, creaminess, and sweetness.

Best served on a cracker like Triscuits or on bread.