



Wholy Protein Chicken Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

1 Green Applem, Cut and cubed
1/2 lb Chicken Tigh/breast
1/4 Cup Black Raisans
1/2 Package Pre-washed Arugula Salad Mix
3 Eggs
1/4 Cup Mayo
2 Tbspn Thousand Island Dressing
2 Tbspn Sugar

Instructions

1. Hard boil 3 eggs and let cool. Seperate the white and yolk. Cut yolk in strips to place in salad.
2. Take egg yolks and place in cup bowl to make dressing. With a spoon mash the yolk. Add mayo, dressing, sugar and mix together. Place in fridge and let cool until ready to use.
3. Drizzle Chicken with olive oil and cook in 350 degree oven until chicken is fully cooked. Let cool then place on cutting board and cut into cubes.
4. In serving plate, add arugula, egg yolk, chicken, and apples. Add dressing and mix together. Top with raisans and serve immediately.

Goes nicely with a vegetatian salad or wrap for lunch.

Serves 2.