



Chicken Salad with Grapes

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

336.7 calories, 12.91 g carbohydrate, 3.89 g fiber, 9.02 g NET carbs, 26.31 g protein, 21.74 g fat

Ingredients

- 2 Tbsp(s) Primal Kitchen Mayonnaise
- 1/2 cup(s), chopped organic celery
- 1 whole lemon, juiced
- 1/2 cup(s) chopped organic green onions
- 1 cup cooked and shredded pastured chicken breast
- 1 ounce organic raw almonds, chopped
- 2 ounce(s) organic arugula
- 8 whole(s) organic red grapes, halved
- 1/2 tsp(s) organic cinnamon
- 1/4 tsp(s) sea salt

Preparation

1. Whisk together the mayonnaise, lemon juice, salt and cinnamon.
2. Combine the shredded chicken, green onions, grapes, celery and almonds in a large mixing bowl.
3. Fold the mayonnaise mixture into the shredded chicken mixture.
4. Serve over arugula.

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