

Creamy Chicken Salad

Number of Servings: **3**

Ingredients

1.5 c cooked chicken, chopped

1.5 c chopped celery

3 Tbsp Light Mayonnaise

1 tsp Mustard

Salt, pepper, other seasonings to taste (I'll throw in curry powder or cayenne pepper sometimes to kick it up a little)



Directions

Combine all ingredients, season to taste. Makes 3 1-cup servings.

Number of Servings: 3

Carbs: 3.5g | Fat: 6.3g | Fiber: 1g | Protein: 24.2g | Calories: 173.8

