



## CHIMICHURRI CHICKEN SALAD

**Serves:** 8

**Time:** 20 minutes

### Ingredients:

- 16 ounces cooked boneless, skinless chicken breast
- 1 cup sliced red grapes *(or apple)*
- 1 cup diced celery *(or cucumber)*
- 1/2 finely minced red onion
- 2 finely minced garlic cloves
- 2 tablespoon lemon juice *(or red wine vinegar)*
- 1/2 teaspoon kosher salt *(optional)*
- 1/2 teaspoon ground cumin *(optional)*
- 1/4 cup extra virgin olive oil
- 1 cup fresh herbs *(such as basil, cilantro, parsley)*

### Directions:

1. Add onion, garlic, lemon juice, cumin, and salt to a large bowl and stir to combine. Let sit for 5-10 minutes.
2. Chop the herbs, then add to bowl.
3. Add olive oil to the bowl and whisk to combine.
4. Chop the already cooked chicken into bite-sized pieces, slice grapes in half and dice celery. Add to the bowl and stir to combine.
5. You can serve immediately or allow to marinate overnight in the fridge before serving.

**Nutrition Facts:** 348 calories, 18g fat, 3g saturated fat, 9g carb, 36g protein, 35 mg sodium, 1g fiber

Chimichurri adds freshness to salads, meats and seafood. It works well as a marinade and a finishing sauce. This chicken salad is excellent in a lettuce wrap, on cucumber slices, bread, crackers, over salad greens - any way you would eat a mayo-based chicken salad this will work as well. This chicken salad is packed with heart healthy monounsaturated fats, antioxidants and phytonutrients that make this a healthier option than traditional mayo-based salads.

**Note:** some people have a gene that makes cilantro taste like soap or bleach. If this is the case for you, leave out the cilantro or substitute with more basil or parsley.