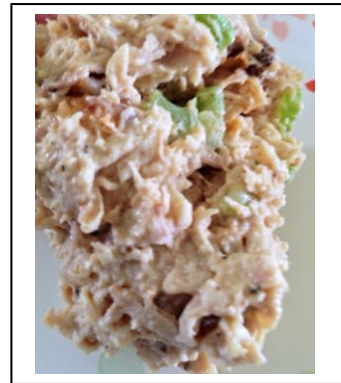


## Chicken Salad

Super simple recipe to use for meal prep. The finely shredded chicken is often well tolerated post surgery.

### Ingredients:

- Rotisserie chicken
- Plain Greek yogurt or mayonnaise
- Celery as desired
- Black pepper as desired
- Slivered almonds, as desired



### Directions:

1. Start with a rotisserie chicken. Take about half of it off the bone (combine both the white and dark meat) and reserve the other half for eating plain.
2. Cut into small chunks, cutting across the grain.
3. Put into a kitchenaid mixing bowl with the regular beater attachment and run the mixer until the chicken is shredded. You can do this by pulsing in a food processor as well. This step is critical to finely shredding the chicken which can make it easier to tolerate for those with issues with meat.
4. Mix with 2-3 tablespoons of mayonnaise or plain Greek Yogurt
5. Add freshly ground pepper and if you like, one thinly sliced celery stalk. You could also add in some slivered almonds.