



# Chicken Salad

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*Recipe Source: That low carb life*

*Serves: 4*

## **Ingredients:**

2 cups cooked, shredded chicken  
2 boiled eggs, chopped  
¼ cup chopped dill pickles  
¼ cup chopped pecans  
¼ cup green or yellow onion  
½ cup mayonnaise  
1 teaspoon yellow mustard  
1 teaspoon white distilled vinegar  
1 teaspoon fresh dill  
Salt and pepper, to taste

## **Steps:**

- Add everything but the chicken to a mixing bowl and stir well to combine.
- Add the chicken to the mixture and stir well
- Taste and add salt and pepper, as desired
- Chill for 1 hour before serving for best flavor

*Tips from the Test Kitchen: Add less mayonnaise if desired. You can also add other ingredients such as spinach or peppers.*

**Nutrition (per serving)**: Calories: 296, Carbohydrates: 2 grams, Protein: 26 grams, Total fat: 20 grams, Saturated fat: 4 grams, Cholesterol: 158 mg, Sodium: 248 mg, Fiber: 1 gram, Sugar: 1 gram.