



Acadia  
BENEFITS

*Presents: Healthy Recipes*

## **Dill Chicken Salad**

### Ingredients:

- \*1 pound chicken breast, cooked and cubed
- \*1/2 cup diced celery (one large rib)
- \*1/3 cup finely chopped onion
- \*3/4 cup mayonnaise, more to taste
- \*1 tablespoon plus 1 teaspoon Dijon mustard
- \*3 tablespoons fresh dill OR 3 teaspoons dried dill
- sea salt and black pepper, to taste

### Directions:

- \*In a large mixing bowl, combine chicken, celery, onion, mayonnaise, Dijon, dill, sea salt and black pepper
- \*Mix until well combined
- \*Serve on fresh lettuce leaves or just dig right in!

Per Serving- 1/2 Cup Calories: 236/ Fat: 16.5g/ Protein: 12g/ Total Carbs: 1.5g/ Fiber: .25g/  
Net Carbs: 1.25g

Submitted by:  
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