

Blueberry Chicken Salad with Rosemary

Blueberry Chicken Salad with Rosemary is easy enough for weekday, lunches yet fancy enough for special occasions. A Whole30-friendly recipe made with *Applegate Naturals*[®] Grilled Chicken Breast Strip.

🕒 Prep: 10 mins Cook: 15 mins Total: 25 mins



Servings: 4-5

1x

2x

3x

INGREDIENTS

- 2 packages Applegate Naturals[®] Grilled Chicken Breast Strips OR make your own (about 3 cups, cubed)
- 1/2 cup fresh blueberries
- 1/3 cup diced celery
- 1/4 cup diced red onion
- 1/4 cup chopped walnuts
- 1 Tbsp. fresh rosemary leaves, chopped
- 1/3-1/2 cup mayonnaise (we recommend Primal Kitchen or Homemade)
- Sea salt & pepper to taste
- 2 green onion, ends trimmed and sliced (white part and halfway up green part)
- Fresh lemon wedges (optional)

INSTRUCTIONS

1. Remove chicken from packages. Roughly chop into cubes.
2. To make salad: Combine cooked chicken and remaining ingredients in a bowl. Add mayo and gently stir to combine. Start with 1/3 cup of mayo and add more to your liking.
3. Serve tucked into butter lettuce wraps, over a bed of mixed greens, with cucumber slices or your favorite crackers. Garnish with green onions.
4. Serve with lemon wedges if you wish.

NOTES

**Store Blueberry Chicken Salad with Rosemary in a glass, airtight container in the fridge for up to 4 days.

NUTRITION INFORMATION

Serving Size: 1/5 recipe **Calories:** 264 **Fat:** 17g **Sodium:** 400mg **Carbohydrate:** 2g
(**Fiber:** 1g **Sugar:** 2g) **Protein:** 22g

DIETARY

Dairy-Free Gluten-free Grain-Free Paleo Whole30

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