



Remoulade Chicken Salad

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 45 minutes



Great chicken salad that makes for a fabulous sandwich.

4 cups chicken breast, skinless, boneless, shredded (per directions)

FOR THE REMOULADE, BLEND:

2 tablespoons yogurt, Greek-style

3 tablespoons mayonnaise

1 tablespoon ketchup

1 tablespoon scallions, sliced

1 tablespoon fresh parsley, chopped

1 tablespoons shallots, sliced

2 teaspoons Dijon mustard

1/2 each lemon, juiced

THEN STIR IN:

1/2 cup red bell pepper, diced

1 tablespoon relish

1/4 cup pecans, chopped, toasted

1/2 teaspoon kosher salt

black pepper, to taste

COOKING CHICKEN (25 minutes + 15 minutes to cool):

Preheat the oven to 400° F.

Lay the chicken in an even layer on a large rimmed baking tray. Drizzle over the avocado oil and sprinkle the chicken evenly with salt and pepper.

Bake until just cooked through but not dry-20 to 22 minutes (should register 165° F when inserted with thermometer).

Allow to cool slightly then shred with a stand mixer on high, or with two forks, or by hand.

FOR THE REMOULADE (while chicken cools):

Blend yogurt, mayonnaise, ketchup, scallions, parsley, shallots, Dijon, and lemon juice in a food processor.

Put processed mixture into a mixing bowl. Stir in bell pepper, relish, pecans, and salt; season with black pepper.

Combine chicken with remoulade.

The chicken is perfectly coated with the remoulade, which offered a delightful blend of sweet mayo and ketchup with tangy yogurt. The subtle lemon flavor, along with the savory shallots and parsley, complement the remoulade wonderfully. The addition of relish provides a nice twang, while the pecans and diced red peppers added a satisfying crunch. Overall, the combination of flavors and textures make for a truly enjoyable dining experience.

Serving Ideas: Serve on a baguette, brushed with oil, placed under the broiler to toast, with mixed salad greens and a sliced tomato.

Per Serving (excluding unknown items): 252 Calories; 9g Fat (32.7% calories from fat); 36g Protein; 5g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 377mg Sodium; 3g Total Sugars; trace Vitamin D; 23mg Calcium; 1mg Iron; 609mg Potassium; 362mg Phosphorus. Exchanges: .

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