
DILL PICKLE CHICKEN SALAD

Entire Recipe is 24oz of protein and 4 cups of vegetables



Ingredients

- 1.5 lbs of boneless skinless chicken breast
- 1 cup low sodium chicken broth
- 1 14oz container of Grillo's Pickle de Gallo
- $\frac{3}{4}$ cup avocado mayo
- 2 Tbsp brown mustard
- 1 cup chopped celery
- 1 cup chopped onion

Directions

1. In a crockpot, cook the chicken in the chicken broth on low 6-7 hours.
2. Shred the chicken at the end of the day and THEN drain any excess broth and allow to cool.
1. In a small bowl, mix together the avocado mayo and mustard.
2. Mix in the mayo and mustard mix with the chicken.
3. Add in the entire container of the dill pickle salsa, chopped celery and chopped onion.

Notes

Options

- can be served over arugula or use peppers and cucumbers as crackers to dip
- consider adding some cherry tomatoes too
- For easy clean up, mix it all directly into the crockpot.