

Chicken Salad With Lemon and Dill

Instructions

1. Shred the chicken (tenderloin, breast, or rotisserie).
2. Add dill, lemon juice, lemon zest, olive oil, and salt and mix.
3. Keep refrigerated until ready to eat.
4. Serve on lettuce, whole wheat bread, or tortillas.

Ingredients

- 10 ½ ounces of skinless chicken breast (cook your own or purchase rotisserie chicken)
- 2 tablespoons of fresh dill
- Zest and juice of 1 lemon
- 1 tablespoon of extra-virgin olive oil
- ¼ teaspoon of kosher salt
- Lettuce, whole wheat bread, or tortillas for serving

Grocery List

- Chicken (tenderloin, breast, or rotisserie)
- Dill
- Lemon
- Olive oil
- Salt
- Lettuce, whole wheat bread, or tortillas