

Chicken Salad with Lemon & Dill

Cooking Instructions

1. Shred 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 or whole wheat bread or tortilla.

Recipe

- 10 ½ ounces skinless chicken breast (cook your own or purchase rotisserie chicken)
- 2 tablespoons fresh dill
- Zest & juice of 1 lemon
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt

Grocery List (add optional toppings to list as desired)

Produce

- Dill
- Lemon
- Lettuce if serving on salad

Canned Goods/Grocery

- Olive oil
- Salt
- Whole grain bread/tortilla if serving on that

Meat/Poultry

- Chicken breast