

Chick'n Salad Recipe



INGREDIENTS

1 lb *Self-Reliant Seitan* Chick'n shreds, chopped into smaller pieces
1 red pepper, diced
1/2 red onion, diced
2 celery stalks, diced
1 cup red grapes, halved
1 red apple, cored and diced

For the dressing:

2/3 cup vegan mayonnaise, I use Veganaise
2 Tbsp dill pickle juice (or pickled pepper juice)
2 tsp red wine vinegar
2 tsp dried dill

½ tsp granulated garlic
½ tsp granulated onion
½ tsp celery salt
¼ tsp poultry seasoning (or blend of sage, thyme, parsley, rosemary, marjoram)



INSTRUCTIONS

1. Add the dressing ingredients to the bottom of a large bowl. Mix well and taste and adjust.
2. Add the chopped chick'n and vegetables, and fruit to the bowl. Mix well to combine. Season with salt and black pepper. Taste again and adjust seasonings.
3. Serve cold or room temp. Enjoy as a sandwich, wrap or my personal favorite, pita pocket! Alternatively, served with crackers or crostini.

Adapted from

<https://thecheekychickpea.com/vegan-chicken-salad/#tasty-recipes-3621-jump-target>



