

CASHEW CHICKEN SALAD

4 large chicken breasts, cooked and shredded or cubed

2 cups cashews, to taste

2 cups halved red seedless grapes, to taste

1 cup celery, chopped (optional)

3 green onions, chopped

1/4 tsp. pepper

1/2 tsp. salt

Real Foods Mayonnaise

1/2 fresh lemon **(see my tip)

Cook chicken breasts through and either cube them or shred them.

** I like to cook the chicken in a slow cooker and shred it. I squeeze 1/2 fresh lemon over the chicken as I shred it and it adds a "bright" flavor to the chicken salad.

Combine chicken, grapes, celery, onion, pepper and salt in a large bowl. Begin with 2 cups of mayonnaise and continue to add more mayonnaise until the chicken salad is as moist (or dry) as you prefer.

Add the cashews to the mix just prior to serving.

Serve on buns or croissants. Garnish with lettuce, tomatoes or red onion, as desired.

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