

Chicken Salad with Grapes and Blue Cheese

Ingredients

6 Tbsp light mayonnaise	2 celery stalks, finely diced
1 ½ Tbsp white wine vinegar	3 Tbsp flat-leaf parsley, chopped
½ to ¾ c crumbled blue cheese (2-3 oz)	salt and pepper to taste
2 ½ c diced roasted chicken	¼ c roasted unsalted sunflower seeds
1 ½ c halved red and green grapes	

Directions

In a large bowl, whisk the mayonnaise with the vinegar. Fold in the blue cheese, breaking it up with a fork. Add the chicken, grapes, celery and parsley; fold gently. Season to taste with salt and pepper. Garnish with sunflower seeds and serve. This can be served over Bibb lettuce or wrapped in the lettuce as well. Serves 4-6

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