



## Healthy Chicken Salad Recipe: Powerful, Crunchy, and Irresistibly Delicious

Looking for a high-vibe, feel-good meal that works for a quick lunch, a light dinner, or your weekly meal prep? This powerful, crunchy, and irresistibly delicious chicken salad has you covered.

It's packed with clean ingredients your body will love—organic shredded chicken, juicy grapes, crisp celery and apples, and toasted almonds—tossed in a creamy herb dressing made with avocado mayo, coconut yogurt, and Dijon mustard.

Note: All ingredients are organic unless otherwise noted. I also recommend using Certified Humane chicken for the highest quality and ethical sourcing.

No junk. No added sugar. Just real food, bold flavor, and texture that makes every bite count.

Serve it over fresh greens, pair it with clean crackers, or top it with avocado and a hard-boiled egg. However you choose to plate it, this one's a keeper.

### Ingredients

- 4 cups shredded chicken (organic and Certified Humane)
- 1 cup sliced almonds, toasted
- 1 cup seedless grapes, halved
- 2 stalks celery, finely diced
- ½ apple, seeded and diced
- ½ red onion, finely diced
- 2 tablespoons fresh dill, chopped (or 1 tsp dried)
- 2 tablespoons fresh parsley, chopped (or 1 tsp dried)
- ½ cup avocado mayo (no added sugar)
- ½ cup unflavored coconut yogurt (no added sugar)
- 1 tablespoon Dijon mustard
- Juice of 1 lemon
- ½ teaspoon Redmond's fine grain salt
- Freshly ground black pepper, to taste

## Instructions

1. Wash and boil the chicken in a medium pot with water and your preferred seasoning. I use my own blend:  
½ tsp granulated garlic, ½ tsp onion powder, ⅛ tsp ground red pepper, ⅛ tsp dried orange peel, ⅛ tsp paprika, ⅛ tsp parsley, ⅛ tsp thyme, ⅛ tsp sage, and a pinch of mineral salt and pepper.  
Bring to a boil, then simmer for about 15 minutes or until no longer pink throughout. Remove from heat and let cool.
2. Wash the celery, lemon, grapes, apple, and herbs (if using fresh).
3. Toast the almonds either in a dry pan over medium heat (about 5 minutes, until golden and aromatic) or in a 350°F oven on a parchment-lined baking sheet for 3–5 minutes. Let cool.
4. Once the chicken is cool, shred with forks. (*Check out my YouTube demo for the technique.*)
5. Juice the lemon and soak the chopped apple in the juice to prevent browning.
6. In a large bowl, gently combine the chicken, almonds, grapes, celery, apple, red onion, parsley, and dill.
7. In a small bowl, whisk together the avocado mayo, coconut yogurt, and Dijon mustard. Add this dressing to the chicken mixture a little at a time until you reach your desired consistency (this will vary depending on how juicy your lemon is). Stir gently until well combined. Refrigerate for at least one hour.
8. Serve chilled on a bed of mixed greens.

Optional toppings: sliced avocado, green onion, or a hard-boiled egg. Pairs beautifully with clean crackers like Top Seedz (Sea Salt) or Simple Mills almond & cassava flour crackers (Sea Salt variety).