Canned Chicken Salad Recipes

A cool, creamy make-ahead lunch



Serves: 6 | **Difficulty:** Easy

Prep: 15 min
Chill: 10 min
Total: 25 min
Method: No-cook, chilled

Canned chicken salad with cucumber, celery and dill makes a quick chilled lunch. A light yogurt-and-mustard dressing coats the chicken without masking its flavor; drain the can well so the salad does not turn watery.

INGREDIENTS

- 2 cans (12.5 oz / 354 g each) canned chicken, drained
- 1/3 cup (80 g) plain Greek yogurt
- 1 tbsp (15 g) mayonnaise
- 1 tsp (5 g) Dijon mustard
- 1 celery stalk (50 g), finely diced
- 1/2 cucumber (100 g), seeded and diced
- 2 tbsp (20 g) red onion, minced
- 1 tbsp (4 g) chopped fresh dill
- 1 tbsp (15 ml) lemon juice
- 1/4 tsp (0.5 g) black pepper
- 6 cups (180 g) mixed greens

METHOD

1. Drain chicken in a fine strainer and press gently to remove excess liquid. Flake into a mixing bowl.
2. Stir yogurt, mayonnaise, mustard, dill, lemon juice and pepper together.
3. Fold dressing through chicken with celery, cucumber and red onion. Chill 10 minutes for the flavors to settle.
4. Serve scooped over mixed greens, or portion into covered containers and refrigerate promptly.

Kitchen note: Drain canned chicken thoroughly and flake it with a fork. Keep the finished salad chilled; do not leave it on the counter while preparing sides.

Serving: Serve six portions over greens; add crackers or bread separately if wanted.

Storage: Refrigerate in a shallow, covered container within 2 hours. Keep at 40°F (4°C) or colder and use within 3–4 days. Keep chilled while serving.