Chicken Salad Without Mayonnaise

Easy chicken salad without mayo, made creamy with Greek yogurt, lemon, dill, and crisp vegetables.



4 servings

Prep: 15 min
Cook: 15-20 min
Total: 30-35 min (+ optional chill)

Chicken is safe at 165°F (74°C). Check the thickest center with an instant-read thermometer.

Ingredients

- 1 lb (450 g) boneless, skinless chicken breast
- 3 cups (710 ml) water, or enough to cover
- 1 bay leaf; 1/2 tsp salt for poaching
- 2 celery ribs, finely diced
- 1/4 cup (35 g) finely diced red onion
- 1/2 cup (120 g) plain Greek yogurt
- 2 tsp Dijon mustard; 1 tsp lemon juice
- 1 tbsp chopped fresh dill
- 1 tbsp chopped parsley
- Black pepper, to taste
- To serve: lettuce leaves or whole-grain bread

Method

1. Poach the chicken. Put chicken in a saucepan and cover with water. Add bay leaf and salt. Bring just to a gentle simmer, cover, and cook until the thickest part reaches 165°F (74°C), about 15-20 minutes.

2. Cool and shred. Transfer chicken to a plate and rest 5 minutes. Shred with two forks; discard the bay leaf.

3. Mix the dressing. Stir Greek yogurt, Dijon, lemon juice, dill, parsley, and black pepper until smooth.

4. Finish the salad. Fold in shredded chicken, celery, and red onion. Taste and adjust pepper or lemon.

5. Serve. Serve right away or chill 20 minutes for a firmer, more developed flavor. Spoon into lettuce cups or make sandwiches.

Tips and storage

Greek yogurt makes the salad creamy without mayonnaise. For variations, fold in halved grapes, diced apple, or toasted walnuts. Refrigerate covered for 3-4 days; freeze plain cooked chicken separately, not the finished yogurt salad.