BATCH 24 / RECIPE 25 / R-0131

10 Best Chicken Salad Recipes

Make one chilled lemon-herb chicken salad base, then choose one measured variation. Keep the salad cold; this is an assembly recipe, not a raw-chicken cooking method.



PREP 15 min **COOK** 0 min **CHILL** 20 min **YIELD** 4 servings **LEVEL** Easy

CLASSIC BASE

- 3 cups (420 g) cooked, chilled chicken, diced
- 2 celery stalks (100 g), finely diced
- 1/2 cup (120 g) pasteurized-egg mayonnaise
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (4 g) chopped parsley
- 1/4 tsp (1.5 g) fine salt
- 1/4 tsp (0.5 g) black pepper

METHOD

01 Whisk mayonnaise, lemon juice, parsley, salt and pepper.

02 Fold in cold cooked chicken and celery. Choose the classic base or apply just one variation below.

03 Cover and refrigerate for 20 minutes at 40 F (4 C) or colder.

04 Taste and serve cold in lettuce cups, sandwiches or bowls. Keep leftovers chilled.

VARIATIONS 1-5

1. Classic lemon - Use the base as written.
2. Grape-almond - Add 1 cup (150 g) halved grapes + 1/4 cup (25 g) toasted sliced almonds.
3. Apple-walnut - Add 1 diced apple (150 g) + 1/4 cup (30 g) toasted walnuts.
4. Cranberry-pecan - Add 1/3 cup (40 g) dried cranberries + 1/4 cup (28 g) pecans.
5. Dill-pickle - Swap parsley for 1 tbsp dill; add 2 tbsp (30 g) drained diced pickle.

VARIATIONS 6-10

6. Curry-raisin - Swap parsley for 1 tsp (2 g) mild curry powder; add 1/4 cup (35 g) raisins.
7. Greek-yogurt herb - Replace half the mayo with 1/4 cup (60 g) plain Greek yogurt; add 1 tbsp chives.
8. Avocado-lime - Swap mayo for 1 mashed avocado (150 g); use lime, add 2 tbsp cilantro; serve same day.
9. Tomato-basil - Swap parsley for 2 tbsp basil; add 1/2 cup (75 g) well-drained tomato; serve same day.
10. Sesame-ginger - Swap parsley for 1 tsp grated ginger; add 1 tsp sesame oil + 1 tbsp sesame seeds.

CHILL & STORE Start with chicken cooked to 165 F (74 C) and chilled. Refrigerate finished salad promptly in a shallow covered container, keep at 40 F (4 C) or below and use within 3-4 days; count the cooked chicken's original storage time. Serve cold. Do not freeze dressed salad; freeze plain cooked chicken separately for up to 2 months, thaw in the refrigerator. Discard perishable food left out over 2 hours (1 hour above 90 F / 32 C).