

Chicken Waldorf Salad **(Whole30, Paleo)**

Sometimes simplicity is key when meal prepping, and it doesn't get much simpler than this Chicken Waldorf Salad! Diced Chicken, Grapes, Celery, and Green Onion are tossed in a Tahini Dressing seasoned with Fresh Dill, Garlic Powder, Salt & Pepper then finished off with pieces of chopped Pecans. Try using sliced Almonds or skip this step completely for a Nut-Free version👉 This recipe is also Dairy/Soy/Gluten/Refined Sugar Free and absolutely "Dill"-icious! I started making this dish over the Summer and it's become a staple ever since! Eat it with a fork, in a lettuce wrap, or with carrots and you've got a protein packed meal on the go!

INGREDIENTS

- 1/2 cup Almonds or Walnuts, sliced or chopped
- 1 1/2 lb Boneless Skinless Chicken Breast, cooked and diced into small cubes
- 3 cups Seedless Red Grapes, cut into quarters
- 6 Celery Stalks, diced very small
- 3 Green Onions, sliced thin, I recommend using shears
- 4 Tbsp Fresh Dill, chopped
- 1/4 cup Tahini
- 1 1/2 tsp Salt
- 1 tsp Garlic Powder
- 1/2 tsp Black Pepper
- 2 Tbsp Apple Cider Vinegar
- 1/4 cup Hot Water

INSTRUCTIONS:

1. Place your diced chicken, grapes, celery, green onions, dill, and nuts in a large bowl.
2. Next mix your tahini, salt, pepper, and garlic powder in a small bowl and whisk to combine. Add in your apple cider vinegar, then the hot water, and whisk until smooth, similar to a dressing in consistency.
3. Pour the tahini mixture over your chicken salad mixture and toss to coat evenly. Refrigerate for 4 hours, serve with your choice of veggies & enjoy!

MAKES 8 SERVINGS
