

# Healthy Chicken Salad

Yields four servings

3 cups chicken breast (cubed or shredded)

1 cup celery, diced

½ cup dried cherries (optional)

½ cup walnuts (optional)

½ avocado mayo

¼ tsp. salt

¼ tsp. pepper

½ tsp. garlic powder

Combine all ingredients mix and serve

**Total Fat 28.8g**

**27% Cholesterol 81.1mg**

**9% Sodium 221.9mg**

**6% Total Carbohydrate 18.3g**

Sugars 14g

**34% Protein 17.1g**

**18% Vitamin A 274.4µg**

**1% Vitamin C 0.9mg**

**3% Iron 0.5mg**

Courtesy of [Mealswithmaggie.com](http://Mealswithmaggie.com)