



BASIL CHICKEN SALAD

Soy-Free. Sugar-Free. DF. GF. Nut-Free.

What You'll Need:

4 cups spinach, chopped
1 can chicken breast
1 avocado, sliced
1 lg stalk of celery, chopped super small
3 lg basil leaves, chopped finely
¼ cup red grapes, cut in quarters
1 lime, zested then juiced (*set juice aside*)
½ tsp lime juice
2 tbsp soy-free Veganaise *this ingredient keeps the recipe soy-free & dairy-free
2 tbsp olive oil
S&P

Mash up the chicken in a large bowl until all broken up, no chunks. Add celery, basil, grapes, lime zest, Veganaise and S&P. Mix until smooth. Place in fridge to let marinate and chill.

In small bowl, whisk together the olive oil and lime juice. Place spinach in a large container that has a lid. Drizzle dressing on top of spinach then shake it up until spinach is tossed evenly with the dressing. Place salad on plates, top it off with your chicken and place ½ avocado slices on each plate. Can also be served on bread or with crackers.

Want to spice it up?

Change out just a couple of ingredients and get a whole new experience. This choice can be spicy or not, depending on your desire.

Change out

red grapes → dried cranberries, chopped

basil → cilantro, chopped finely

add → ¼ tsp crushed red pepper (*don't add if you don't like heat*)

Note: For the most health-conscious version of this recipe, use all organic ingredients.