



Chimichurri Chicken Salad

Ingredients:

- 16 oz cooked boneless, skinless chicken breast
- 1 cup sliced red grapes
- 1 cup diced celery
- 1 finely minced shallot (can substitute onion)
- 2 finely minced garlic cloves
- 1 T red wine vinegar
- 1 T lemon juice
- 1/2 t kosher salt (optional)
- 1/2 t ground cumin
- 1/2 t ground coriander
- 1/4 cup extra virgin olive oil
- 1 T chopped, fresh parsley
- 1/2 cup chopped, fresh basil
- 1/3 cup chopped, fresh cilantro (omit if cilantro leaves soapy taste in your mouth)

Directions:

1. Add shallot, garlic, red wine vinegar, lemon juice, cumin, coriander and salt to a large bowl and stir to combine. Let sit for 5-10 minutes.
2. Chop parsley, basil and cilantro, then add to bowl.
3. Add olive oil to the bowl and whisk to combine.
4. Chop the already cooked chicken in to bite-sized pieces, slice grapes in half and dice celery. Add to the bowl and stir to combine.
5. You can serve immediately or allow to marinate overnight in the fridge before serving.

Serves 4

Nutrition Facts: 348 calories, 18 g fat, 3 g saturated fat, 9 g carb, 36 g protein, 355 mg sodium, 1 g fiber

Chimichurri is a flavorful sauce originating in Argentina, that adds freshness to salads, meats and seafood. It works well as a marinade and a finishing sauce.

This is excellent in a lettuce wrap, on cucumber slices, bread, crackers, over salad greens - any way you would eat a mayo-based chicken salad this will work as well. This chicken salad is packed with heart healthy monounsaturated fats, antioxidants and phytonutrients that make this a healthier option than traditional mayo-based salads.

Note: some people have a genetic mutation that makes cilantro taste soapy or like bleach, if this is the case for you, leave out the cilantro or substitute with more basil or parsley.