

Chicken & Peas Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 2-3 minutes

Serves: 8 -9 1/2 cup servings

CChints: Frozen peas are bright green and make a very eye appealing salad. You need 2 cups of cooked chicken that you can get from canned white meat chicken, packaged precooked chicken breasts or cook 2 large chicken breasts. A can of sliced water chestnuts can be found on the Asian isle and they had a nice crunch with a mild flavor.



2 cups frozen green peas, thawed

1/4 cup diced yellow, sweet onion

1/3 cup diced celery

1/3 cup chopped water chestnuts

2 cups chopped cooked chicken

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 cup reduced fat mayonnaise

Optional: Serve on a bed of salad greens

Slice pickled beets and crackers

To thaw the peas quickly, put them in a microwavable container and cook for 1 minute. Stir and cook for another minute or until they peas are thawed. Pour into a large mixing bowl.

Add the rest of the items to the bowl and toss to combine. Fold in the mayonnaise and you are ready to serve. The longer this salad sets covered and refrigerated, the better because the flavors will have more time to get to know each other.

Serve by itself or on a bed of salad greens. Enjoy!