

## Chicken Salad with Grapes



This is another favorite that a dear friend shared with our family about five years ago. It still is a regular meal choice today. The only time we don't have it is when organic grapes are not easily found being out of season. We've substituted blueberries but it's not the same. Another option is to add oranges but we've found red grapes taste best. This time of the year, it's a great meal to bring on a picnic.

### Ingredients

- Organic red or green grapes, halved
- 1 lb. of free-range chicken breast, cooked and chopped
- 4 stalks for organic celery, chopped
- 1/2 red onion, chopped
- Organic carrots, chopped (optional)
- Sir Kensington Avocado Mayonnaise
- Simple Mills gluten-free crackers

### Directions

1. Cook and chop chicken breast.
2. Chop celery and red onion, and carrots if including.
3. Add Sir Kensington Mayonnaise and mix well.
4. Fold in halved grapes.
5. Top on a Simple Mills cracker of your choice.
6. So Delish! Enjoy!

From a Dear Friend for Simply Made Health, LLC