

## Chicken Salad with Celery Sticks

Makes 1 serving (1 protein, 1 vegetable)
26 grams protein
2 grams fat
165 calories

### Ingredients



- 100 grams of chicken
- 1 ½ cups celery, chopped
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- ¼ teaspoon organic poultry seasoning
- 1 tablespoon onion, minced
- Sea salt and pepper to taste

### Directions

1. Cook chicken in a little water or chicken broth.
2. Finely chop all ingredients.
3. Mix with spices and additional liquid ingredients.
4. Serve with celery sticks or mix in diced celery and your choice of dressing or dipping sauce.

