



Leftover Rotisserie Chicken Salad

I threw this together with the meat leftover from our dinner last night. We picked up a rotisserie chicken at Costco for \$7.99 that had no msg, and was gluten free. Yup, I know, that is ALL I know about the chicken. We tossed the skin, enjoyed our dinner, and I had 17.5 ounces of chicken left over. Four ingredients - 15 minutes to make - 6 servings available to use as I like.

Ingredients:

- 17.5 oz. of boneless skinless cooked chicken
- 3 mini sweet bell peppers
- Celery
- Bolthouse Cilantro Avocado yogurt dressing

Directions:

1. Chop the chicken and add to large mixing bowl
2. Chop the mini bell peppers and add to bowl
3. Chop the celery (1 cup chopped) and add to the bowl
4. Stir thoroughly with a fork to combine the chicken, peppers, and celery
5. Measure and add 8 tablespoons of the dressing
6. Mix thoroughly to "wet" all of the ingredients.
7. Enjoy now, or store in frig for later.

Nutrition: Made 4 ½ cups of chicken salad with a total of approximately 961 calories and 150 grams protein. Entire recipe is about 6 servings. Serving size - ¾ cup approximately:

- **160 calories and**
- **25 grams protein**