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Chicken Salad with Celery Sticks

Ingredients

87 grams chicken

Celery in serving amount needed

2 tablespoons Bragg's liquid amino

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

¼ teaspoon organic poultry seasoning (such as Simply Organics)

1 tablespoon minced onion

Salt and pepper to taste

Directions

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

Makes 1 serving (meat, vegetable)