



CAMP  
SOUTHERN  
GROUND

## SAVORY CHICKEN SALAD

### INGREDIENTS

- 3 Chicken Breast
- 3/4 cup Mayo or Greek Yogurt
- 2 ribs Celery
- 4 stalk Green Onion
- 1 1/2 t Dijon Mustard
- 1 t Seasoned Salt
- Dash of pepper
- Optional: 1 t Fresh Dill, Zest of half a Lemon, Lemon Pepper, Red Grapes (halved), Sliced Almonds



### INSTRUCTIONS

1. Place your chicken breasts into a wide pot or pan, so that they're not overlapped or crowded.
2. Cover the chicken with cold water. Season the water with a bit of salt to give it some flavor.
3. Slowly bring the water to a gentle simmer. Then, reduce the heat back to low and cover the pan.
4. Let the chicken simmer for about 10 minutes. Remember, patience is key for this low and slow process.
5. Check to see if the internal temperature reads 160°F to 165°F, turn the heat off.
6. Let the chicken rest. Just a minute or two of rest time allows the chicken juices to redistribute.
7. While your chicken is resting, chop your celery and green onions.
8. Once the chicken has rested for a couple minutes, shred or chop it.
9. Combine all ingredients in a small bowl and mix well.
10. Season with salt and pepper to taste.
11. Serve as a sandwich, over salad, or as a part of a charcuterie.

\*To add some spring flair: add 1 teaspoon of fresh dill, the zest of half a lemon, a handful of red grapes and sliced almonds, and replace the black pepper with lemon pepper.