

Chicken Salad

from *Catty's Kitchen*

2 boneless chicken breast halves,
cooked
Creamy coleslaw dressing* (see recipe
below)
1 stalk celery, chopped
¼ onion, chopped



Sprinkle chicken breasts with Mrs. Dash garlic and herb seasoning blend, bake at 350° for 30-45 minutes. While chicken is cooling. Make the Creamy Coleslaw Dressing (see below). Once meat is completely cooled, shredded and place in bowl, then add chopped vegetables. Pour all the dressing over the chicken mixture and stir. Put chicken salad in a sealed container to store in refrigerator until chilled thoroughly.

Creamy Coleslaw Dressing

from *Catty's Kitchen*

1 cup mayonnaise
¾ cup buttermilk
1 teaspoon sugar
1 tablespoon white vinegar
1 tablespoon extra-virgin olive oil
3-4 teaspoon Mrs. Dash garlic and herb seasoning blend
½ teaspoon celery seed, crushed
¾ teaspoon salt
¼ teaspoon pepper

Whisk together all ingredients until smooth. Store in refrigerator until ready to serve.