

Chicken Salad

3 Boneless, Skinless Chicken Breasts

Water

1/2 Tsp. Garlic Powder, just eyeball it.

1/2 Tsp. Pepper, just eyeball it

1/2 Tsp. Dried Rosemary, just eyeball it

1/2 Tsp. Cumin (optional), just eyeball it

1-2 Celery Stalks, finely diced

1 Small Onion, finely minced (optional)

1 Tsp. Dill Weed, or to taste

Salt, to taste

Pepper, to taste

Reduced Fat Mayonnaise

Juice From 1 Lime

In a 2-quart pot, place chicken breast and cover with water. Add garlic powder, pepper, rosemary and cumin; bring to a boil. Cook uncovered until chicken is no longer pink inside, about 10-15 minutes. Remove chicken from pot and allow to briefly cool. Finely dice or cut chicken into large cubes and pulse in a food processor to desired consistency. Put shredded chicken into a bowl and add remaining ingredients. Season to taste.