



# GRAPE, CELERY & CHICKEN SALAD



## GRAPE, CELERY & CHICKEN SALAD

Preparation 15 mins | Serves 4

*If packing the salad in a chilled lunch box – pack the dressing separately so the salad leaves stay crisp.*

- 300g plump seedless grapes (we used Sapphire), halved lengthways
- 2 stems celery, finely diced
- 2½ cups cold cooked shredded chicken (about ½ BBQ chicken)
- 75g baby salad leaves
- ½ cup walnuts, chopped (optional)

### **Mayo & lemon dressing:**

- ½ cup whole egg mayonnaise
- 1 tbs lemon juice

**STEP 1** Combine grapes, celery, chicken, salad leaves and walnuts (if using) in a bowl.

**STEP 2** To make dressing, combine ingredients in a small bowl. Season with salt and pepper to taste.

**STEP 3** Drizzle dressing over the salad and toss to combine and serve.

### Good for you... **GRAPES**

*Grapes contain natural sugars so they taste sweet. These sugars are digested slowly and so they give us sustained energy. A good source of vitamin C. This vitamin helps reduce our chances of picking up infections and also keeps teeth and gums healthy. Grapes provide dietary fibre.*



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