

CARBCONTROL RECIPES

SALADS AND DRESSINGS

Chicken Salad – serves 6 (suitable for stage 1)

2 large chicken breasts, cooked
2 dill pickles, chopped
3 hard boiled eggs, chopped
3 spring onions, chopped
1/3 cup mayonnaise
1/3 cup sour cream
2 Tbsp drained capers
2 Tbsp fresh dill, chopped
1/2 tsp freshly ground pepper
1/2 cup pecan halves

Cut chicken into strips. Mix pickles, eggs, spring onions, mayonnaise, sour cream, capers, dill and pepper in a large bowl. Add chicken to bowl. Toss well to thoroughly combine ingredients. Sprinkle with pecan halves before serving