

BRAIN HEALTHY COOKING FOR ONE

the classic

CHICKEN SALAD

1/2 CUP of Chicken, cubed
1 TBSP of Light Mayonnaise
1 stock of Celery, chopped
1 TBSP of shredded Carrot
1/2 TSP Spice of Life
Pinch of Black Pepper

1. Mix together all ingredients in a medium bowl.
2. Spread on whole grain bread or whole grain wraps.
3. Add lettuce/tomato to garnish.

