

Chicken Salad in Butter Lettuce Cups

Yields 8 cups

Ingredients

5 cups shredded chicken, from 1 small rotisserie chicken
3 stalks celery, minced
¼ cup red onion, finely minced
¼ cup fresh dill, chopped
¼ cup fresh chives, chopped
½ cup mayonnaise
1 cup whole milk Greek yogurt
½ lemon, juiced
¼ red bell pepper, cut into fine dice, as garnish
1 cup snap peas, blanched and cut in half, as garnish
1 cup canned chickpeas, rinsed, as garnish
½ cup alfalfa sprouts, as garnish
2 heads butter lettuce - leaves peeled to yield 8 cups and washed

Procedure

1. Pull the chicken off of the rotisserie chicken and shred it with your hands. Add the chicken to a large mixing bowl. Discard or freeze the chicken bones for later use.
2. Add the celery, red onion, and fresh herbs to the bowl. In a separate bowl, whisk together the mayonnaise, yogurt, and lemon juice. Add it to the other ingredients.
3. Combine everything and mix with a large spoon until well combined.
4. Serve a large scoop of the salad on each leaf of butter lettuce and top with a sprinkle of diced red pepper, snap peas, chickpeas and sprouts.
5. Store leftover chicken salad in an airtight container in the fridge for 7 days.