

## CHICKEN SALAD

Simmer bone-in chicken breasts for approx 1 hour after water boils.

When chicken cools, take off bone and take off skin and shred

Dice a peeled apple and put as much in as you want

Chop walnuts pretty fine and put as much in as you want

Cut chives and put as much in as you want

Mix approx 2/3 light sour cream to 1/3 mayo (I use Saffola mayo) and

Squeeze juice of a lemon in this and mix up.

Pour this over chicken mixture - use your own judgement as to How much dressing to use.

Add salt and pepper at the end.

I usually make this in the morning to eat later. Will keep at Least 2-3 days in covered dish in refrigerator