



# HOMEMADE APPLE PECAN CHICKEN SALAD

(DF, GF, P)

## INGREDIENTS

- 1 lb. of chicken breast (approximately 2 medium size breasts)
- 1 cup chicken broth (low sodium)
- 1/2 cup mayo (I used Primal Kitchen)
- 25-30 red grapes, cut in half
- 2 red apples (I used Honey Crisp), cored and cut into chunks
- 1 cup pecans, chopped sea salt and pepper (for seasoning)
- Optional: crackers, bread (for serving), tomato, lettuce, german mustard, sliced red onion

## DIRECTIONS

### How-To:

- *Cook the chicken\**: Place 1 cup chicken broth in the Instant Pot stainless steel bowl. Season both sides of the chicken by sprinkling it with a pinch of sea salt and pepper. Place the trivet inside the Instant Pot. Put the chicken onto the trivet. Place the lid on the Instant Pot and set it to SEALING. Cook on Manual/Pressure Cook for 5 minutes. Allow it to naturally release the pressure for 10 minutes, then use a long wooden spoon to release the rest. (The internal temperature should be 165 degrees (F)).
- Once the chicken is cooked, use tongs to remove it and transfer to a plate. Shred the chicken with 2 forks and set aside (or in the fridge) to cool.
- While the chicken cools, cut the grapes in half and cut your your apple into chunks, and chop the pecans
- Place the grapes, apples and pecans into a medium sized mixing bowl. Add the mayo and cooled chicken. Mix well.
- Serve on crackers or bread. Eat and enjoy!

### Tips and Tricks:

- I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online
- \*Don't have an Instant Pot? Boil your chicken in a medium sized saucepan instead! How to: Bring 2 cups of chicken broth and the chicken breasts to a boil on on high heat. Then cover, and reduce the heat to medium. Let simmer until the chicken is cooked through, 10-15 minutes. Remove and shred as the recipe directions state.
- Need to make it vegan? Use shredded jackfruit instead. You can find canned versions in many grocery stores
- Use Primal Kitchen mayo to make this paleo
- Serve on crackers or bread along with a side of tomato, lettuce, german mustard and/or red onion

**PREP TIME: 30 MIN**

**COOK TIME: 60 MIN**

**TOTAL TIME: 1 HR. 30 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

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