JENNI MARIE'S TEST KITCHEN

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Rotisserie Chicken Salad

Makes 1.5 lbs. – 6 servings

Equipment Needed:

- **Large Mixing Bowl**
- **Small Mixing Bowl**
- **Kitchen Scale**
- **Cutting Board & Sharp Knife**
- **Measuring Cups & Spoons**
- **Plastic Food Storage Container with Lid**

Directions:

1). Gather all equipment and ingredients. Shred white meat from rotisserie chicken and cut it up into 1-inch chunks. Weigh out 12-14oz. and place into large mixing bowl. take any remaining meat from your rotisserie chicken, vacuum seal it and freeze it for another use. Wash and fine chop celery and onion (or chives) and add to mixing bowl with chicken. Measure out and rough chop cherries and cashews and add to mixing bowl.

- ***12-14 oz. Grocery Store Rotisserie Chicken***
- ***1/3 C. (42g) Fine Chopped Celery*** ***(celery is only considered Low FODMAP in small amounts)***
- ***2 T. (6g.) Fresh Chopped Chives*** ***(sub w/ 1/4 C. fine chopped onion if not cooking Low FODMAP)***
- ***1/3 C. (60g.) Dried Cherries*** ***(rough chopped)***
- ***1/3 C. (50g.) Whole Cashews, salted*** ***(rough chopped)***

2). In a smaller mixing bowl, combine mayo, miracle whip, onion oil (if using), lemon juice, salt, pepper, sugar, and parsley. Whisk dressing ingredients together until well combined. Add dressing to the bowl of chicken and stir well to fully incorporate all ingredients. Taste test and add more of any ingredient to your taste. This is best when made the night before, and refrigerated to let the cherries and cashews soften up, and let all the flavors combine. I often add another tablespoon of each, mayo and miracle whip after it has been chilling overnight, then give it a good stir before serving.

- ***1/3 C. (65g.) Real Mayonnaise***
- ***2 T. (30ml.) Low FODMAP Onion Oil*** ***(omit if using diced onion)***
- ***1/4 C. (60g.) Kraft Miracle Whip***
- ***2 t. Lemon Juice***
- ***1/4 t. Pepper***
- ***1/2 t. Kosher Salt***
- ***2 t. Granulated Sugar*** ***(optional - more or less, to taste)***
- ***2 t. Fresh Chopped Parsley*** ***(or 1 t. dried parsley)***
- ***Bakery Croissants or Bread of Choice***

*****I dice my celery and onion super fine, so the recipe is more crowd pleasing and the flavors really meld. You can choose to make this with thicker cut celery and onion if you like that extra crunch. Croissants are my preference when making these sandwiches, but you can use any bread or even turn this into a wrap using a soft flour tortilla. Enjoy!***