

Chicken Salad Lunch – submitted by Len Cone

Drained Pineapple Rings OR Cantaloupe Quarter

Long leaf lettuce leaves.

Chicken Breasts cooked until tender and ready to chop into cubes.

Add to taste:

- Miracle whip salad dressing – reduced fat
- Pinch of pepper
- Seedless Green Grape halves
- Pecan bits
- 1 teaspoon of white truffle oil (optional)

Lay out leaves and add chicken salad to center. Fold over short sides and then roll from long end of leaves and secure with tooth pick.

Lay on top of pineapple ring.

Or add scoop of chicken salad onto a peeled cantaloupe quarter on top of lettuce leaves and sprinkle with pecans.

Recipe courtesy of Wellness @ Work, www.uncwellnessatwork.org.