

## Chicken Salad

My friend Robbie made this one day and I loved the fact that it was a “savory” chicken salad instead of a “sweet” chicken salad.

### *Ingredients:*

Chicken – diced

Flax seed

Parsley – I used Italian Flat Leaf

Celery

Garlic

Green onion

Mayo

Lemon juice

Olive oil

Salt and pepper

Optional: cucumber

Dice the ingredients very small – I used a chopper. I don’t know how much I used of each ingredient – just to taste!