Nested NUTRITION

No-Mayo Chicken Salad

No-cook assembly · Ready in 15 minutes with cooked chicken · Great for meal prep

SERVES	CALORIES	PROTEIN	CARBS	FAT
8	195	18 g	21 g	4.5 g
about 185 g each	per serving	per serving	1.6 g fiber	per serving

INGREDIENTS

- 14 oz **Instant Pot Rotisserie-Style Shredded Chicken** (400 g, a little over half a batch; recipe below)
- 2 cups celery, chopped small (224 g)
- 1⅓ cups red onion, diced (150 g)
- 1 cup raisins (about 160 g)
- 6 mini sweet bell peppers, chopped (70 g)
- 4 green onions, chopped (30 g)
- 1 cup full-fat cottage cheese (238 g)
- ½ cup non-fat Greek yogurt (120 g)
- 1 tbsp + 1 tsp grainy Dijon mustard
- ½ cup fresh parsley, chopped
- 1 tsp kosher salt
- ¼ tsp black pepper
- Juice of 1 lemon (about 2 tbsp)

INSTRUCTIONS

1. **Prep the veggies.** Chop the celery, red onion, bell peppers, green onions, and parsley.
2. **Mix the dressing.** In a large bowl, stir together the cottage cheese, Greek yogurt, Dijon, lemon juice, salt, and pepper.
3. **Combine.** Add the shredded chicken, chopped veggies, and raisins. Stir until evenly coated.
4. **Taste and serve.** Adjust salt, pepper, or lemon to taste. Enjoy right away, or cover and refrigerate (see tip).

CHICKEN SHORTCUT

We suggest our Instant Pot chicken below, but store-bought rotisserie chicken works too if you're short on time.

SERVING TIP

Enjoy it with crackers, your favorite bread, pita, or even a lettuce wrap! It's delicious right away, but even better after an hour or so in the fridge, once the flavors have had time to blend.

Instant Pot Rotisserie-Style Shredded Chicken

Dump-and-go · 2 lbs raw (about 24 oz cooked) · About 40 min

- 2 lbs boneless skinless chicken breasts
- 1½ tsp smoked paprika
- 1½ tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried thyme
- ½ tsp black pepper
- ¼ tsp dried rosemary, crushed
- 1½ tbsp avocado or olive oil
- 2 tsp fresh lemon juice
- 1 cup water or chicken broth

1. **Season.** In a bowl, combine the spices, oil, and lemon juice. Toss the chicken until coated.
2. **Load the pot.** Pour the water or broth into the Instant Pot, then add the chicken and any remaining seasoning. Stir so no paste is stuck to the bottom.
3. **Pressure cook.** Seal and cook on High Pressure for 12 minutes (15 if breasts are thicker than 1½ inches).
4. **Natural release.** Release naturally for 10 minutes, then quick-release the rest.
5. **Shred.** Check that it reaches 165°F, then shred with two forks and toss in the juices.

Keep the liquid at 1 cup even for smaller batches. Frozen chicken: cook 20–25 minutes. Store leftovers in a little cooking liquid to keep them moist.

Macros are estimates per serving, made with the Instant Pot chicken. Salad adapted from LEAT.