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## Chicken Salad Sandwich

*Serves 1*

½ -¾ cup chicken pulled from the breast, wing, thigh, drumstick

1 tbsp green onion chopped

1 tbsp celery chopped

2-4 tbsp mayo

1-2 tsp dijon mustard

salt and pepper to taste

Mix all ingredients and eat on its own, with rice crackers, on Ezekiel bread or in a wrap.

Optional: add walnuts and/or dried cranberries to the mixture...yum!