

Mediterranean Chicken Salad

Ingredients:

Dijon Dressing

3 Tbsp extra virgin olive oil

Zest of 1 lemon

2 Tbsp lemon juice

1 tsp minced garlic

1 Tbsp Dijon mustard

Liquid from a 12 oz jar of marinated artichokes

Chicken Salad

12 ounces cooked chicken, shredded (or 1 whole rotisserie chicken, shredded)

4 celery stalks, chopped

1 12 oz jar marinated artichoke hearts, drained (reserve liquid for dressing) and chopped

½ cup marinated sundried tomatoes, chopped

½ cup Italian parsley, chopped

½ cup walnuts, chopped

Pinch of salt and pepper

In a small bowl, add the dressing ingredients and whisk to combine.

In a large mixing bowl, combine the chicken, celery, artichoke hearts, sundried tomatoes, parsley and walnuts. Season with a good pinch of salt and black pepper.

Pour dressing on the chicken salad and toss to combine.

For best flavor, cover and refrigerate for 30 minutes to 1 hour before serving.