

SUMMER CHICKEN SALAD

Submitted By Sharon Long

Serves 6

2 ½ cups of cooked chicken shredded or canned chicken (drained)

1/2 Cup Mayonnaise (substitute with low fat)

2 Tablespoons Sour cream (substitute with low fat)

¼ OR ½ teaspoon salt (according to your taste)

¼ teaspoon pepper

1/2 Cup Celery, finely chopped

1 teaspoon of celery seed

1 teaspoon dill weed

1 Cup cranraisins Ocean Spray (they look like raisins but they are cranberries)

Mix the mayonnaise, sour cream, salt and pepper. Add the chicken, celery, celery seed, and dill weed. Mix well. Fold in cranraisins. Let sit overnight and fold lightly the next day before serving.

Serve with wheat bread or low fat crackers.