



#### NUTRITION PER SERVING

22g Protein  
43g Carbohydrate  
7g Fat  
600 Calories

#### INGREDIENTS

42 ounces chicken breast (cooked weight)  
10 cups red grapes, halved  
10 cups celery, diced  
1 cup honey  
1 cup [Massie Mayo](#) (1 egg, 1 egg yolk, 2 cups extra lite olive oil, 1 garlic clove, ½ lemon, kosher salt to taste) [link to CF journal article](#)  
1 cup apple cider vinegar  
2 tablespoons poppy seeds  
1 cup pecans, toasted and chopped or smashed  
Kosher salt, as needed  
Course ground black pepper, as needed

## PECAN CHICKEN SALAD

#### PREPARATION INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Prepare chicken breast by lining a sheet pan with foil, seasoning the pan with kosher salt and pepper, laying the breasts onto the pan and seasoning the top side of the chicken.
3. Pour the pecans onto another sheet pan and spread out evenly.
4. Place both sheet pans into the preheated oven. Cook the pecans for 5-10 minutes or until nicely toasted (be sure to watch carefully, as these can burn quickly). Cook the chicken breast to an internal temperature of 165°F.
5. While the chicken is cooking, prepare the Massie Mayo.
6. Once the chicken has reached 165° remove from oven and chill in the refrigerator until completely cooled. When this is achieved, dice into chunks similar in size to the half a grape.
7. In a large mixing bowl, whisk together honey, Massie Mayo, apple cider vinegar, poppy seeds and a pinch of kosher salt and pepper. Add diced chicken and toss or stir to incorporate.
8. Pour in the grapes and celery and mix again. Add pecans and stir one last time.
9. Portion out and store in the refrigerator for up to one week. Enjoy!

**Yield: 13 portions**

“KEEP IT PALEO!”