

## **Sara's Chicken Salad**

*Preparation time: about 20 minutes*

*Cooking time: 20 minutes*

1 ½ T. lemon juice  
¼ tsp. dried thyme  
½ tsp. dried red pepper flakes  
1 clove garlic, minced  
½ C. olive oil  
¼ tsp. salt  
¼ tsp fresh-ground black pepper  
2 (or 4) boneless chicken breasts

1. Light the grill or heat the broiler. In a shallow dish, combine the lemon juice with the thyme, red-pepper flakes, garlic, oil, salt, and black pepper. Coat the chicken with the mixture; marinate for 10-20 minutes or longer, if desired.
2. Grill the chicken breasts over moderately high heat or broil them for 8 to 10 minutes. Turn and cook until the chicken is just done, about 10 minutes longer.
3. Let chicken cool; slice into cubes.

2/3 C. mayonnaise  
2 T. cider vinegar  
1 tsp. salt  
4 to 5 C. cut-up, cooked chicken or turkey  
1 C. sliced celery  
1 C. minced green pepper (optional)  
2 teaspoons grated onion (optional).

4. In large bowl with fork, combine mayonnaise, vinegar, and salt. Add the chicken and remaining ingredients; toss well. Cover and refrigerate.

***Serves 4-6***