

Pesto Chicken Salad



This Pesto Chicken Salad offers a delicious twist on traditional chicken salad by incorporating rich, flavorful basil pesto into the mix. Served atop a bed of mixed greens or wrapped in low-carb tortillas, this salad is perfect for a refreshing and satisfying keto lunch.

Ingredients for 2 serving (US/Metric)

- 359g / 12.7oz **Chicken breast**
- **Pesto Sauce**
- 3 *tbsp* **Mayonnaise**
- **Celery**
- 42g / 1.5oz **Almonds, raw**
- **Salt & pepper to taste**
- **Mixed greens**

Nutrition (US/Metric)

- **Protein:** 35%
- **Fat:** 63%
- **Net carbs:** 2%

Instructions

- **Prepare Salad:** In a large bowl, combine diced chicken, pesto, mayonnaise, and diced celery. Mix until all ingredients are well coated with the pesto and mayonnaise.
- **Add Crunch:** Stir in sliced almonds for added texture and flavor. Season with salt and pepper to taste.
- **Serve:** Serve the chicken salad on a bed of mixed greens or spooned into low-carb tortillas for a wrap.