

## Chicken Salad Boats

### Ingredients

- 2 cups of cooked, cubed or shredded chicken
- 1/4 cup chopped walnuts
- 1/cup chopped celery
- 2-3 tablespoons of [Avocado Oil](#) mayonnaise
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste
- 1 tsp chili powder OR
- 1 tsp ground tumeric
- Romaine lettuce leaves , doubled up, for serving
- 1/4 cup of diced tomatoes
- Avocado slices
- Olives, as desired
- handful of pumpkin seeds if desired

### Directions

1. Mix chicken with mayonnaise, dijon, walnuts, celery and spices of choice (salt, pepper, chili powder, tumeric).
2. Wash large romaine lettuce leaves to be used for the "boats" and place on plates.
3. Fill each boat with chicken salad mixture.
4. Top chicken salad boats with chopped tomatoes, avocado slices, olives, seeds, as desired.

**Mary-Beth says:** *"Poached chicken lends itself to easy chopping or shredding. This recipe makes enough for 4 "boats". Be creative and adventurous with your spices; each time you sail off, you can be enjoying a new taste!"*