



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### Lunch: Just in Thyme Chicken Salad

Serves 4 - 6

#### Ingredients

2 cups chicken, cooked & chopped  
1/2 cup cashews  
2 stalks celery, chopped  
Small handful organic fresh Italian parsley, chopped (may also use curly parsley)  
2 teaspoons fresh thyme, chopped  
1/3 cup red onion, chopped  
1/2 cup to 1 cup plain yogurt  
1/2 teaspoon prepared mustard  
Splash of olive oil  
Juice of 1/2 lemon

#### Directions

- 1 Place chicken, cashews, celery, parsley, thyme and onion in medium-sized bowl.
- 2 Mix lemon juice, yogurt and mustard (the secret ingredient) together in another bowl. Add splash of olive oil. Mix well.
- 3 Stir dressing over chicken.

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