



Chicken Salad Sandwich Picnic Lunch

A balanced picnic lunch with protein, produce, and easy packability.

Serves: 4



Ingredients

For the chicken salad:

- 3 cups cooked shredded chicken breast
- 1/2 cup plain Greek yogurt
- 2 tbsp light mayo
- 1 tbsp Dijon mustard
- 1 celery stalk, finely diced
- 1/4 cup diced red onion
- 1/2 cup halved red grapes
- 1/4 cup chopped pecans
- Salt + pepper to taste

For serving:

Whole grain bread or wraps

- Lettuce leaves or mixed greens
- Sliced cucumber
- Fresh strawberries
- Baby carrots or snap peas



Instructions

1. In a large bowl, combine chicken, Greek yogurt, mayo, Dijon, celery, onion, grapes, pecans, salt, and pepper.
2. Chill for at least 20 minutes for best flavor.
3. Assemble sandwiches with lettuce and chicken salad or pack separately for serving later.
4. Add fruit and veggies to containers to create complete picnic boxes.



Picnic Packing Tips

- Keep chilled with an ice pack until serving.
- Pack sandwiches separately from fruit if making ahead.
- Great for beach days, park lunches, splash pad days, and outdoor concerts.