

TOUCHDOWN CHICKEN SALAD

(Makes 3 cups)

- 2 (12.5oz) cans 97% fat free white chicken in water/drain well**
- 6 hard-cooked egg whites/chopped**
- 2 teaspoon celery seed**
- 2 teaspoon celery salt**
- Salt and pepper to taste**
- a teaspoon thyme**
- 2 cup celery/finely chopped**
- 2 cup chopped pecans**
- 3 tablespoons spring onions/chopped**
- 2 tablespoons mayonnaise**
- 2 tablespoons French onion dip**
- 2 teaspoons apple cider vinegar**
- 2 cup mandarin oranges/ cut into bite-size pieces/drain well**

Combine chicken, eggs, celery seed, celery salt, salt, pepper, thyme, celery, pecans, onions, and mix well. Add mayonnaise, French onion dip, vinegar and mix well until chicken is fully coated. Gently fold oranges into chicken mixture. Can make ahead and refrigerate or serve immediately. If serving immediately, refrigerate chicken in can overnight.