

Recipe

Buffalo Chicken Salad

INGREDIENTS

- ▷ 2 Organic, pasture-raised chicken breasts
- ▷ 1/2 Organic, celery stalk
- ▷ 1/2 Organic, green onion
- ▷ Handful of organic spinach
- ▷ Handful of organic arugula
- ▷ Pink himalayan salt
- ▷ Organic, ground pepper
- ▷ Organic, garlic granules
- ▷ Organic, onion granules
- ▷ 1 jar of Primal Kitchen avocado oil mayo
- ▷ 1 bottle of New Primal mild buffalo sauce

INSTRUCTIONS

1. Fill a normal sized pot with water, salt the water generously, and bring to a boil.
2. Once water starts boiling, add chicken breasts.
3. While chicken is cooking, finely chop the celery, green onion, spinach, and arugula.
4. Combine veggies in a bowl and season with salt, pepper, garlic granules, and onion granules.
5. Once chicken is fully cooked, place into a large bowl and shred. (Pro tip: use a hand mixer instead of two forks for much faster shredding).
6. Once chicken is fully shredded, season with salt, pepper, garlic granules, and onion granules.
7. Combine the veggies and the chicken in one bowl, and mix together.
8. Add two scoops of mayo to your mixture, and half of the bottle of buffalo sauce. Stir until everything is evenly coated.
9. Taste your buffalo chicken salad and adjust seasoning and sauce if necessary.
10. Store in the refrigerator for a quick and easy meal that is meant to be eaten cold or warm with whatever you choose.