

# GOOP



## Summer Salads

### Chicken Salad

Serves: 4

Time: 20 minutes

#### ingredients

- 2 1/2 cups shredded cooked chicken (poached or roasted is good, incidentally this is great recipe for leftovers)
- 1 large stalk celery, cut into 1/4" dice
- 1/2 green apple, peeled and cut into 1/4" dice
- 1/3 cup toasted walnuts, roughly chopped
- 2 tablespoons chopped fresh parsley
- 2 scallions, thinly sliced
- 2 handfuls arugula, roughly chopped
- 1/2 cup Veganaise, or your favorite mayonnaise
- 2 teaspoons fresh lime juice
- coarse salt to taste (about 1/2 teaspoon)
- freshly ground black pepper to taste (about 1/2 teaspoon)

#### preparation

Stir everything together.