Prep Time: 15 Minutes
Cook Time: 20 Minutes
Total Time: 35 Minutes
Intensity Level: Low (Beginner Friendly)

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Description

This isn't your average deli counter scoop. This High-Protein Classic Chicken Salad is engineered to be the ultimate meal-prep staple. By combining lean chicken breast with Greek yogurt and a touch of light mayonnaise, we've slashed the fat while keeping the creamy texture you crave. Packed with crunch from celery and toasted almonds, this salad is perfect for sandwiches, lettuce wraps, or eating straight from the bowl post-workout.

Ingredients

For the Chicken:

- 2 large (approx. 1.5 lbs / 680g) boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and black pepper to taste

For the Dressing:

- ½ cup (120g) plain non-fat Greek yogurt (high protein)
- ¼ cup (60g) light mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp fresh lemon juice
- 1 tsp honey (optional, to balance acidity)

For the Mix-ins:

- 3 stalks celery, finely diced
- ⅓ cup red onion, finely minced
- ¼ cup sliced almonds, toasted
- 2 tbsp fresh dill or parsley, chopped

Instructions

Phase 1: The Chicken (Time: 20 Minutes | Intensity: Medium)

1. Prep: Pat the chicken breasts dry with paper towels. Season both sides generously with garlic powder, onion powder, salt, and pepper.
2. Sear: Heat the olive oil in a large skillet over medium-high heat (Intensity: 7/10) . Once the oil shimmers, add the chicken.
3. Cook: Sear for 5–7 minutes per side without moving the chicken. This creates a golden crust. The internal temperature must reach 165°F (74°C) .
4. Rest: Remove the chicken from the pan and transfer to a cutting board. Let it rest for 10 minutes. (Do not skip this—resting keeps the juices in the meat).

5. Dice: Cut the chicken into ½-inch cubes.

Phase 2: The Dressing (Time: 3 Minutes | Intensity: Low)

1. In a large mixing bowl, whisk together the Greek yogurt, light mayonnaise, Dijon mustard, lemon juice, and honey until smooth.

2. Season the dressing with a pinch of salt and pepper.

Phase 3: The Assembly (Time: 5 Minutes | Intensity: Low)

1. Add the diced chicken, celery, red onion, and toasted almonds to the bowl with the dressing.

2. Gently fold the ingredients together until the chicken is fully coated.

3. Stir in the fresh herbs.

Phase 4: The Chill (Time: 30 Minutes | Intensity: None)

1. Cover the bowl and refrigerate for at least 30 minutes. This allows the flavors to meld and the salad to firm up. (If serving immediately, it is still delicious, but the chill enhances the texture).

Nutrition Information

Disclaimer: Nutritional values are estimates based on standard ingredient measurements. Actual values may vary depending on specific brands used.

Serving Size: 1/4 of the recipe (approx. 1 cup)
Calories: 285 kcal
Protein: 32g
Carbohydrates: 6g
Dietary Fiber: 1g
Sugars: 3g
Fat: 14g
Saturated Fat: 2.5g
Cholesterol: 85mg
Sodium: 420mg