

## Chicken Salad w/Fig Sauce

By

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### Ingredients:

- 1 large cooked and shredded chicken breast
- 2 stalks of organic celery
- 1 or 2 medium organic apples
- 2 or 3 broccoli stalks

### Fig Sauce:

- 2 T. [Coconut aminos](#)
- 1 T. [Organic unfiltered apple cider vinegar](#)
- 3 [dried organic Turkish figs](#)

### Instructions:

1. Put cooked shredded chicken breast into a large mixing bowl.
2. Wash and chop celery and apples and mix into the chicken. How large or small each of these is chopped is personal preference.
3. Peel and chop broccoli stalks. I generally cut these in half lengthwise so that they aren't much bigger than the celery or apple pieces.
4. Depending on taste, you can also add more of any one of the ingredients. If you add more apples, remember it will make the salad taste sweeter...because it will be.
5. For the sauce/dressing: Cut stems off the dried figs and rough chop each of them into several pieces.
6. Put fig pieces in a small food processor, along with the apple cider vinegar and the coconut aminos.
7. Buzz in the food processor until figs are blended into a paste. If it's too thick, add whichever liquid ingredient or combination you prefer until the paste becomes the consistency of dressing. (Adding more coconut aminos will make it sweeter; more apple cider vinegar will make it more savory). To add additional flavor without either of those tastes, you can also add a little chicken bone broth.
8. Pour onto chicken mixture and stir until well-mixed.
9. Serve cold on a bed of spinach or other leafy green. This dish also travels well. I've frozen it, but the broccoli stalks get a little soggy.