

Chicken Broccoli Salad

One recipe made ½ of a medium Harvest Right tray *

Live Life Simple: [Freeze Dried Chicken Broccoli \(Salad or Dip\) -- Modified Chicken Broccoli Braid Recipe](#)

Ingredients:

2 C Cooked Cubed Chicken (pan fried with broth or grilled. Do not use oil)

1 C chopped Broccoli

½ C chopped Bell Pepper

1 C Cheddar Cheese

½ C plain Greek Yogurt

2 tsp dill

1 clove minced Garlic

Splash of Apple Cider Vinegar



Directions:

1. Combine all chopped ingredients in a food processor and pulse a few times for better consistency and texture.
2. Spread evenly across a tray lined with parchment or silicone,
3. Add dividers to pre portion before freeze drying
4. Freeze (covered is best, can use lids)
5. Then Freeze Dry
6. Store appropriately (See Tips and Tricks for storage help)

Cycle Time: I did 4 full medium trays of this Chicken Broccoli Salad and my cycle time in a medium with a premiere pump was 30 hours.

Rehydration: I rehydrated 2 medium portions from the tray being protioned to 10. I added a little bit of hot water, stirred, let stand, and added more water as needed to get the right consistency (I used ¾ cup of water)



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www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray