

# Chicken Broccoli Salad

*This recipe makes about 4 cups*



## Ingredients

**2 cups** cooked cubed chicken  
**1 cup** chopped broccoli  
**½ cup** chopped bell pepper  
**1 cup** cheddar cheese  
**½ cup** plain greek yogurt  
**2 tsp** dill  
**1** clove minced garlic

## Directions:

1. Add the cooked chicken, chopped broccoli, bell pepper, cheddar cheese, Greek yogurt, dill, and minced garlic into a food processor.
2. Pulse a few times until everything is well combined but slightly chunky for texture.
3. Taste and season with salt and pepper if desired.
4. Add parchment paper to your trays
5. Spread the chicken-broccoli mixture evenly onto your trays
6. Add dividers if using. We like the 10-portion setting
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 30 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 divider portions or about 1  $\frac{3}{4}$  cups of freeze-dried chicken broccoli salad to a bowl along with about  $\frac{3}{4}$  cup of room temp or cool water. Cover for 5 minutes. Stir and enjoy.

## Notes:

This makes a delicious dip with crackers, or use it in a sandwich

## Nutritional Value Per 1 cups pre freeze-dried

Calories: 227 Protein 26 g Fat 10 g Carbohydrates 6 g Fiber 1 g Sugar 2 g