**Title:** Chicken Apple Salad

**Prep Time:** 15 minutes  
**Cook Time:** 20 min  
**Yield:** 3

**Ingredients:**
- 3 chicken breast or thighs, bone in or out
- 1 celery stalk
- 2 green onion stalks, green parts only
- 1/2 small (or ¼ medium) crisp apple, Gala or Fuji
- 3 Tbsp mayo
- 1 tsp mustard
- 2 tsp lemon juice
- salt and pepper to taste, or about ½ tsp each
- Mixed salad greens
- 3 slices of toast

**Instructions:**
1. Bring a medium pot of water to a boil. Add a healthy pinch of salt.
2. Add the chicken, and boil until the juice run clear and the flesh is firm. Can use thermometer to cook to 165F.
3. Use a fork to shred and a knife to dice the meat, place in a container, and let cool.
4. Chop celery, green onion, and apple.
5. Mix all ingredients together with the mayonnaise, mustard, lemon juice, salt and pepper.
6. Serve over leafy greens and a piece of toast.

**Total Cost of this meal:**
- $7.28  
- $2.43/serving