

Chicken Salad with Cucumbers

Ingredients for 3-4 servings

- 2 cups chopped cooked chicken
- 1/2 cup cashews
- 1/2 cup dried cranberries
- 1 cup diced cucumbers
- 1/2 teaspoon sea salt
- 1/2-3/4 olive oil or avocado mayonnaise

Instructions

- Place cooked chicken, (chopped) in medium-size bowl
- Add cashews and dried cranberries to chicken
- Chop up half of a cucumber, (1 cup), add to bowl
- Add mayonnaise and sea salt, stir
- Chill for 10-15 minutes in refrigerator
- Enjoy over lettuce or with a slice of healthy bread!

Health Benefits of Cashews

- Consuming nuts at least four times per week has been shown to decrease risk of both heart and gall bladder disease
- Cashews contribute to eye health and are beneficial to the skin and hair as well
- The calcium & magnesium in cashews contribute to bone strength
- Magnesium has been shown to reduce muscle cramping and aid in digestion

Health Benefits of Cranberries

- **Decreases the risk of recurring urinary tract infections.**
- **Has been shown to help prevent colon, breast, lung, and prostate cancers**
- **Good source of Vitamin C, which strengthens the body's immune system, equipping it to battle illness and disease, including diseases that cause dementia**

Health Benefits of Chicken

- **High in protein, contributing to muscle strength**
- **Protein satisfies hunger, which helps the body feel full and satisfied, reducing the urge to snack on unhealthy foods**
- **Protein is beneficial to the bones and reduces the risk and severity of osteoporosis**
- **Contains tryptophan, which can help improve sleep**