

Betty's Elegant Restaurant Chicken Salad Sandwich Recipe



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In this video, Betty demonstrates how to make a Chicken Salad Sandwich that closely resembles the chicken salad served at an upscale restaurant in Lexington, KY. You can serve this as a sandwich or as a salad. (Both are demonstrated.)

Ingredients:

- 15 oz. canned white chicken chunks (I used Valley Fresh brand, one 10 oz. can and one 5 oz. can. You may use leftover chicken, cut into chunks.)
- 1/2 cup finely chopped celery
- 1/2 cup halved red seedless grapes (You may use green seedless grapes.)
- 1/4 finely chopped pecans (I used an electric kitchen chopper, but you may leave them in larger pieces, if desired.)
- 1/2 cup mayonnaise
- croissants, as many as you need (You can make this healthier with 100% whole wheat bread slices.)
- freshly washed and dried lettuce leaves

In a medium to large mixing bowl, combine 15 oz. chunked chicken, 1/2 cup chopped celery, 1/2 cup halved grapes, 1/4 cup chopped pecans, and 1/2 cup mayonnaise. Stir until well-combined. Split a croissant in half horizontally. If desired, broil the cut sides of the croissant to keep them from absorbing the chicken salad filling. Now, place a couple of fresh lettuce leaves on the bottom half of the croissant, put a generous amount of chicken salad on top of the lettuce, and cap it off with the top half of the croissant. Continue until your materials are used up. As an alternative, you may place lettuce leaves on a serving plate, and place a large mound of chicken salad on top. If you have any pecan crumbles left, sprinkle them on top. Place a fresh, hot croissant alongside. This is just **one** way to make chicken salad. It is also great if you substitute pineapple, chopped dates, raisins, etc., in place of the grapes! You can make this a **very** healthy dish, if you choose, because **you** have control of exactly what goes in it!!!