

### **Chicken Salad - Summer (cold)**

2 chicken breasts, about 10 ounces total. Poach [On cooktop, fill a pan with chicken broth to cover.

Bring to a boil. Cover pan, turn off burner. Let sit on burner 45-55 minutes. Cool]

1 scant cup uncooked campanelle pasta - Cooked and drained

Red onion - minced

Celery – minced

Seedless green grapes, halved. (or canned pineapple, cut up)

1/2 cup Monterey Jack cheese, diced

Dressing: Mix together 2 Tbsp. mayonnaise, 1 Tbsp. miracle whip, 1 tsp. mustard, some milk to thin, parsley, Italian seasoning, garlic and herb spice.

Sauté the onion and celery about 15 minutes. Let cool.

Cut the chicken to bite-sized pieces and add.

Add grapes or pineapple; the cooked, cooled, pasta; and the cheese.

Stir in the dressing.