

Buffalo Chicken Salad

THM-Friendly: S

- 1 - 16 oz. can of chicken breast
- 1 Tbsp. mayonnaise
- 2 Tbsp. buffalo ranch dressing (if you do not have this, add an extra Tbsp. of mayonnaise)
- 2 Tbsp. hot sauce of choice
- 1 tsp. dried chives
- 1/2 tsp. dill weed
- 1/2 tsp. dried parsley
- 2 pinches of mineral salt
- 3 Tbsp. cheese, crumbled goat or feta

Mix all ingredients together and eat with your favorite low-carb wrap, or a savory [Pâte à Choux](#).

