

Seasonal Eating
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Chicken Salad Mash Up
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Mash ups are recipes that combine two different dishes into one unique one. Think taco lasagna or pizza burgers. So what do you get when you combine the flavors and ingredients of potato salad, chicken salad and pot pie? One of Jazmin Esquivel's favorite family recipes – Chicken Salad.

Esquivel is serving as a Family and Consumer Sciences Intern in our office this summer. She is a family and child studies major at MTSU. Although not developed as a mash up, this dish combines ingredients typically found in pot pie with chicken and a creamy mayonnaise dressing for a recipe handed down in Esquivel's family.

Carrots, peas and potatoes make this salad more hearty and filling and add a unique twist to this summer favorite. Its mild, comforting flavor and creamy texture contrasted with the crunchy tostada make it a favorite of children as well as adults. You can also serve it as just a scoop of chicken salad or on top of a green lettuce salad.



Esquivel says, "This is a recipe that never failed to appear at family gatherings. It was very popular and everyone loved it when my mom made it. You do want to make sure you keep it cool or on top of an ice tray since it is mayonnaise based. It is a great recipe to try because it is so easy to make and convenient. You will be surprised how fast your guests will be going back for seconds."

Potatoes are coming in at the farmers markets and are available year round at the grocery stores. So pick up a few and make a cool dish for a hot summer day.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Chicken Salad

- 2 boneless, skinless chicken breasts
- 1 small onion, peeled and cut in half
- 2 cloves garlic, peeled
- 4 carrots, chopped
- 2 potatoes, chopped
- 1 (15oz) can of no salt added peas, drained

Reduced fat olive oil or light mayonnaise

Tostadas or Saltine crackers

Salt and pepper to taste

Boil the chicken breasts with the onion, garlic and a little salt, if desired, in water to cover until tender. In a separate saucepan, boil or steam carrots and potatoes with water until tender. Once chicken is cooked, shred it and add the cooked carrots and potatoes with the peas. Gently mix in enough mayonnaise to cover your chicken salad. Season with salt and pepper to taste. If it comes out too dry, you can add some left over chicken broth. Serve on tostadas or eat with saltine crackers.