
Whipped Cream Chicken Salad

Julia Burr Wills

Party Recipes from the Charleston Junior League - 1993

2 cups cooked chicken, diced
1 1/2 cups celery, diced
2 tablespoons parsley, chopped
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 cup mayonnaise
2 tablespoons fresh lemon juice
1/4 cup heavy cream, whipped
1/2 cup chopped or sliced almonds

In a large bowl, toss the chicken with the celery, parsley, salt and pepper. Add the mayonnaise and lemon juice. Mix well. Gently fold in the whipped cream until it is well incorporated.

Refrigerate the salad for about one hour.

Before serving, sprinkle with the almonds.

Serve in pastry shells or scooped-out cherry tomatoes.

Yield: 4 cups

Appetizers

Per Serving (excluding unknown items): 2308 Calories; 222g Fat (82.8% calories from fat); 92g Protein; 12g Carbohydrate; 4g Dietary Fiber; 397mg Cholesterol; 3782mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 20 Fat.