

DINNER

Elegant Brunch Chicken Salad

13 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
30 min	30 min	8	\$1.76	301 kcal



Elegant Brunch Chicken Salad takes approximately 30 minutes from beginning to end. For \$1.76 per serving, you get a main course that serves 8. One serving contains 301 calories, 18g of protein, and 22g of fat. 3 people have made this recipe and would make it again. It is brought to you by Allrecipes...

Ingredients

- ☐ 1 cup coarsely crumbled blue cheese
- ☐ 1 egg
- ☐ 1 cup coarsely chopped pecans
- ☐ ½ teaspoon salt
- ☐ 2 teaspoons hot water
- ☐ ¼ teaspoon dry mustard
- ☐ 1 cup olive oil
- ☐ 2 cups halved seedless red grapes
- ☐ 1 pound skinless, boneless chicken breast halves
- ☐ 1 tablespoon white wine vinegar

EQUIPMENT Bowl, Pot, Blender, Hand mixer

Method

- 1 Bring a large pot of water to a boil.
- 2 Add the chicken and simmer until cooked through, approximately 10 minutes.
- 3 Drain, cool and cut into cubes.
- 4 While boiling chicken, make the mayonnaise: Using a blender or hand-held electric mixer, beat the egg, mustard, salt, water and vinegar until light and frothy.
- 5 Add the oil a tablespoon at a time, beating thoroughly after each addition. Once mixture begins to thicken, you can add oil more quickly. Continue until mixture reaches the consistency of creamy mayonnaise. NOTE: The more oil you add, the thicker it gets; you may not need the full cup of oil.
- 6 In a large bowl, toss together the chicken, grapes, pecans, blue cheese and 1 cup of the mayonnaise. Stir until evenly coated, adding more mayonnaise if necessary. Refrigerate until serving.

Nutrition per serving

301	18 g	22 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.3 g · 33% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			6.5 g · 7% of daily needs
Sodium			414 mg · 18% of daily needs
Cholesterol			69.4 mg · 23% of daily needs
Vitamin C			2.1 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/elegant-brunch-chicken-salad-142381