

Romanian Chicken Salad

Ingredients:

All the vegetables from the chicken soup (carrots, parsley, and celery root)

All the meat coming off the bones of the chicken from the soup, including the breast and the skin

Sauerkraut or other fermented vegetables of your choice

Mayonnaise home made

Salt and pepper to taste.

Preparation:

Chop the vegetables and the meat, place in a large bowl; add the sauerkraut mayonnaise salt and pepper. Mix all the ingredients together.

Salad is ready to serve by itself or as a side dish.

Note: Save about $\frac{1}{4}$ cup mayonnaise and 1 inch of carrot to use for decoration. Create your own edible art.



Recipe credit: Elena Telecan (my mom)

www.healingwithfoods.org