



# CHICKEN SALAD with BLUEBERRIES & PEPITAS

## SHOPPING LIST

Serves 4-6

### Salad

4 cups cooked boneless, skinless chicken breast, chopped or shredded (3-4 breasts, grilled poached or roasted)

1 cup fresh blueberries

2-3 celery stalks, finely chopped

2-3 tbsp fresh chives, chopped

3 tbsp fresh dill, chopped

¼ cup cornichons or dill pickles, finely chopped

½ cup roasted salted pepitas

### No-cook Shortcut

Sub precooked or rotisserie chicken

### Vegetarian Option

Replace chicken with 3 cans chickpeas, ¼ of them lightly mashed

### Dressing

½ cup avocado oil-based mayonnaise

2 tbsp olive oil

2 tbsp fresh lemon juice (½-1 lemon)

2 tbsp pickle or cornichon brine

1 tbsp Dijon mustard

Salt and black pepper to taste

### Low-fat Option

Sub mayonnaise for plain Greek yogurt

### Make it Creamier

For an extra creamy salad, double the dressing recipe

A satisfying chopped chicken salad with juicy, antioxidant-rich blueberries, fresh herbs, crunchy pepitas (pumpkin seeds), and a creamy lemon dressing for a twist on a classic deli favorite. Perfect for lunch, snacking, or a summer picnic.

## DIRECTIONS

- 1 In a large bowl, combine chicken (or chickpeas), blueberries, celery, chives, dill, pickles, and half the pepitas. Set aside.
- 2 In a small bowl, whisk together mayonnaise, olive oil, Dijon, lemon juice, pickle brine, salt, and pepper until smooth.
- 3 Pour about ¾ of the dressing over the salad and gently fold to combine. Add more as needed to reach your desired consistency.
- 4 Chill for 15-20 minutes to allow flavors to meld.
- 5 Top with remaining pepitas before serving.

Perfect for  
warm evenings &  
easy entertaining!

## WHY THIS DISH IS A GOOD FOR COGNITIVE HEALTH

### Well-Studied for Brain Health

Blueberries are one of the most well-studied fruits for their potential role in supporting memory, cognitive function, and healthy brain aging.

### Rich in Antioxidants

Blueberries get their deep blue-purple color from anthocyanins, antioxidant compounds that may help protect cells from oxidative stress.

### Supports Healthy Blood Flow

Blueberries may help support healthy blood flow, including circulation to the brain, which plays an important role in cognitive function.

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