



CHICKEN SALAD IN PINEAPPLE SHELLS serves 2

1 fresh pineapple

3 cooked chicken (breasts only)

1 stalk finely chopped celery

½ sweet red pepper medium chopped

1 T finely chopped white onion

1 t tarragon

Mayonnaise (Duke's if available)

salt and pepper

Method

1. Cut pineapple in half all the way through the leafy stalk
2. Carefully remove the flesh with sharp knife taking care not to tear the outer shell
3. Cut flesh into medium chunks, drain and set aside, keeping shells refrigerated
4. Cut chicken into large chunks and place in food processor. Pulse ONLY 3-4 times till shredded and remove to mixing bowl
5. Combine chicken, celery, red pepper, onion and tarragon with just enough mayonnaise to bind the mixture
6. ONLY when ready to serve should you add pineapple to the chicken mixture. Add salt and pepper to taste. Fill shells with chicken mixture and serve.

