



Palatable

Harvest Chicken Salad

🕒 Cook: 18m · Total: 18m

👤 12

Ingredients

Dressing

- 2 oranges
- 1/3 cup (75 mL) fat-free mayonnaise
- 2 tbsp (30 mL) stone-ground mustard
- 2 tsp (10 mL) sugar
- 1/4 tsp (1 mL) each salt and ground black pepper
- 1 small garlic clove, pressed

Salad

- 1 pkg (6 oz/375 mL) fresh baby spinach leaves
- 2 cups (500 mL) diced roasted chicken
- 1 cup (250 mL) diced celery
- 2 medium Red Delicious apples
- 1/2 cup (125 mL) chopped red onion
- 3/4 cup (175 mL) sweetened dried cranberries
- 1/2 cup (125 mL) toasted pecan halves (optional)
- Orange segments and Whole-Grain Croutons (optional)

Instructions

Dressing

1. Zest one orange using Zester/Scorer to measure 2 teaspoons zest.
2. Juice oranges to measure 1/2 cup juice.
3. Combine orange zest, mayonnaise, mustard, sugar, salt, black pepper and garlic pressed with Garlic Press in Classic Batter Bowl; whisk until smooth using Stainless Whisk.
4. While continuously whisking, add orange juice in a thin, steady stream; set dressing aside.

Salad

1. Place spinach in bottom of large serving bowl.
2. Dice chicken and celery using Utility Knife.
3. Cut apples in half lengthwise; remove stems and seeds using Core & More.
4. Cut each apple half into four wedges; crinkle cut wedges into small pieces using Crinkle Cutter.
5. Chop onion using Food Chopper.
6. Layer chicken, celery, apples, onion, cranberries and pecans, if desired, over spinach.

7. To serve, drizzle dressing over salad and toss to coat.
8. Top with orange segments and Whole-Grain Croutons, if desired.
9. Serve immediately.

Notes

Whole-Grain Croutons:

Preheat oven to 350°F.

Cut crusts off 4 slices whole-grain sandwich bread using a pizza cutter, discarding crusts; cut bread into 1/2-inch cubes.

Grate 2 tablespoons (1/2 ounce) grated fresh Parmesan cheese using grater.

Toss bread cubes with 1 tablespoon melted butter to coat; add cheese and toss until well combined.

Spread bread cubes in an even layer over Large Round Stone with Handles.

Bake 15-18 minutes or until golden brown and crisp.

Remove baking stone from oven; cool completely.

 Source : <https://www.pamperedchef.ca/recipe/Main+Dishes/30+Minutes+or+Less/Harvest+Chicken+Salad/924855>