



Chicken Salad with Fruits & Nuts

INGREDIENTS

(This batch was made for 30 people. Scale down for your needs.)

For the Poaching

9.5 lbs Chicken Breasts*
4 bay leaves
4-6 lemon slices
2 t peppercorns
1 carrot, chopped in chunks
1 celery stalk, cut in pieces
parsley

For the Salad

2 c red seedless grapes, thick slices
2-3 red apple, peeled & cubed
5-6 scallions, thinly sliced
1 c walnuts, roasted & rough chopped

* You can also use leftover chicken and add the dressing.

Dressing

1.5 c Mayonnaise
1.5 Greek Yogurt
3 T Lemon zest
1/3 c lemon juice
2 T mustard
salt, pepper

INSTRUCTIONS

1. Clean and rinse the chicken well. In a large sauté pan, add the chicken in one layer in the pan. Add the aromatics and enough water to almost cover. Bring to a boil, then cover and let simmer for 8-10 minutes depending on the thickness of the chicken. Use a thermometer to ensure that the interior is 165 degrees.
2. While the chicken is cooking, make the dressing by whisking together all the ingredients.
3. Once the chicken is done, remove from the pot and let it cool. Meanwhile, roast the walnuts for 5-7 minutes and rough chop them. Cut the grapes, apples, and scallions. (Squeeze some lemon juice over the apples or submerge in lemon water to keep them from turning brown.)
4. Either cut the chicken into chunks or shred. Your choice. Mix all the ingredients together with the dressing. Some people like their salad moist, others dry. Dress as desired.