

# Harvest Chicken Salad

*Crimson apples and tangy orange dressing make this chicken salad the main attraction.*

## Dressing

- 2 oranges
- 1/3 cup fat-free mayonnaise
- 2 tablespoons stone-ground mustard
- 2 teaspoons sugar
- 1/4 teaspoon each salt and ground black pepper
- 1 small garlic clove, pressed

## Salad

- 1 package (6 ounces) fresh baby spinach leaves
  - 2 cups diced roasted chicken
  - 1 cup diced celery
  - 2 medium Red Delicious apples
  - 1/2 cup chopped red onion
  - 3/4 cup sweetened dried cranberries
  - 1/2 cup toasted pecan halves (optional)
- Orange segments and *Whole-Grain Croutons* (optional, p. 21)

**1** For dressing, zest one orange using **Lemon Zester/Scorer** to measure 2 teaspoons zest. Juice oranges to measure 1/2 cup juice. 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**. While continuously whisking, add orange juice in a thin, steady stream; set dressing aside.

**2** For salad, place spinach in bottom of large serving bowl. Dice chicken and celery using **Utility Knife**. Cut apples in half lengthwise; remove stems and seeds using **Cook's Corer**®. Cut each apple half into four wedges; crinkle cut wedges into small pieces using **Crinkle Cutter**. Chop onion using **Food Chopper**. Layer chicken, celery, apples, onion, cranberries and pecans, if desired, over spinach. To serve, drizzle dressing over salad and toss to coat. Top with orange segments and *Whole-Grain Croutons*, if desired. Serve immediately.

Yield: 12 servings

**Light** Nutrients per serving (1 cup salad): Calories 100, Total Fat 2 g, Saturated Fat .5 g, Cholesterol 20 mg, Carbohydrate 13 g, Protein 7 g, Sodium 170 mg, Fiber 2 g

## Cook's Tips

- To toast pecans, spread over bottom of **Small Oval Baker**. Microwave on HIGH 2-3 minutes or until fragrant and lightly toasted, stirring after each 30-second interval.
- A 2-pound rotisserie-cooked chicken can be used to prepare this recipe, if desired.



## Preparing Orange Segments



To cut orange into segments, cut a thin slice from the top and the bottom using Utility Knife; stand upright. Cutting from top to bottom, carefully trim away peel and white membrane.



Cut down one side of membrane. Angle knife under segment and lift out. Repeat with remaining segments.

## Whole-Grain Croutons

*Delicious, homemade croutons are just a few ingredients away!*

- 4 slices whole-grain sandwich bread
- 2 tablespoons (½ ounce) grated fresh Parmesan cheese
- 1 tablespoon melted butter

1 Preheat oven to 350°F. Cut crusts off bread using **Pizza Cutter**, discarding crusts; cut bread into ½-inch cubes. Finely grate cheese using **Deluxe Cheese Grater**. Toss bread cubes with butter to coat; add cheese and toss until well combined. Spread bread cubes in an even layer over **Large Round Stone**. Bake 15-18 minutes or until golden brown and crisp. Remove baking stone from oven; cool completely. Serve with *Harvest Chicken Salad*, if desired.

Yield: 12 servings

Nutrients per serving: Calories 35, Total Fat 1.5 g, Saturated Fat 1 g, Cholesterol 5 mg, Carbohydrate 4 g, Protein 1 g, Sodium 70 mg, Fiber less than 1 g