

Sonoma Chicken Salad by Lynn's Recipes



Lynn demonstrates a Sonoma Chicken Salad, which is a Whole Foods recipe. This would be delicious on bread, on a bed of lettuce for lunch.

Ingredients:

Dressing:

- 1 cup mayonnaise
- 4 teaspoons apple cider vinegar
- 5 teaspoons honey
- 2 teaspoons poppy seeds
- Salt and freshly ground pepper, to taste

Salad:

- 2 pounds boneless, skinless chicken breasts
- $\frac{3}{4}$ cup pecan pieces, toasted
- 2 cups red seedless grapes, halved
- 3 stalks celery, thinly sliced

Dressing:

In a bowl, combine mayonnaise, vinegar, honey, poppy seeds, salt and pepper. Refrigerate until ready to dress the salad. This can be prepared up to 2 days in advance.

Salad:

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Preheat oven to 375°. Place the chicken breasts in one layer in a baking dish with ½ cup water. Cover with foil and bake 25 minutes until completely cooked through. Remove cooked chicken breasts from pan, cool at room temperature for 10 minutes, then cover and refrigerate.

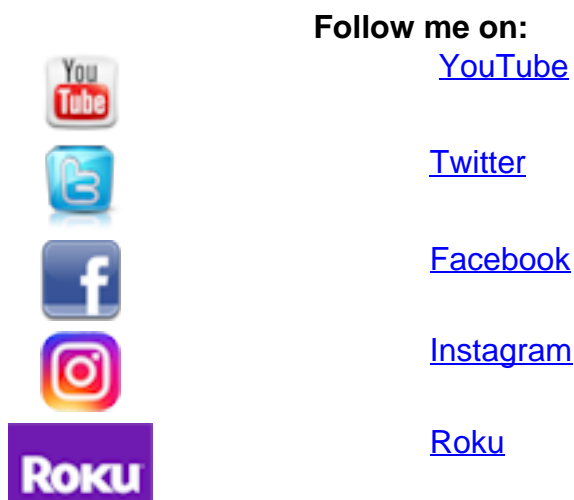
When the chicken is cold, dice into bite-size chunks and transfer to a large bowl. Stir in pecans, grapes, celery and dressing.

*Affiliate Links

*[Link to Creative Co-op Stoneware Batter Bowl Shaped Measuring Cups, Multicolored, Set of 4](#)

*[Link to Kuhn Rikon Salt and Pepper Grinders](#)

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Lynn's Recipes: January 2015
www.lynnrecipes.com

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