

Chicken Apple Salad with Cider Dressing

Makes 6 servings

For Dressing:

- 1/3 cup Apple Cider Vinegar
- 1/3 cup extra virgin olive oil
- 1 Tablespoon apple juice
- 2 Tablespoons Dijon vinegar
- 1 Tablespoon honey or maple syrup
- 1 Tablespoon minced shallot
- Salt and fresh ground pepper to taste

For Salad:

- 3 cups grilled chicken breast, cut into strips
- 2 medium Golden Delicious apples, cut into cubes
- 1/2 cup thinly sliced purple onion
- 1 small yellow bell pepper, julienned
- 1 cup small red grapes
- 1 cup chopped celery
- 2 pounds Spring Mix greens
- 1/3 cup chopped toasted pecans
- 1/2 cup feta cheese



To make dressing place all ingredients in a jar with tight fitting lid, shake to mix thoroughly and set aside. In large bowl, combine chicken, apples, onion, bell pepper, grapes and celery. Pour dressing over chicken apple mixture and toss to coat. Add salt and pepper to taste. To serve, divide spring mix onto 6 plates. Top each with 1/6 of the chicken apple mixture. Sprinkle pecans and feta over each salad and serve immediately.