



APPLE WALNUT CHICKEN SALAD

Here's one of my favorite ways to enjoy the leftover grilled chicken from the weekend – it's the perfect summer salad.

Smári

Serves 4
Total Time: 40 min

INGREDIENTS

1/4 cup (35 g) currants
1/4 cup (35 g) shallots (finely diced)
2 tablespoons (15 ml) red wine vinegar (divide into two equal parts)
4 cups (540 g) cooked chicken breast or leg meat (cut into 3/4 inch pieces)
1 cup (60 g) Pink Lady apple (small dice)
1 (35 g) celery stalk (small dice)
1/2 cup (56 g) walnuts (toasted, skinned and chopped)
1/2 cup parsley (finely chopped)
2 tablespoons tarragon (finely chopped)
12 oz (340 g) Smári Pure Nonfat
1/4 cup (237 ml) milk
2 teaspoons (14 g) Dijon mustard
salt
pepper

PREPARATION

- 1) Place currants in a small, heat-proof bowl. Add boiling water to cover and let sit 4 minutes. Drain well.
- 2) In another small bowl, add the shallots and 1 tablespoon red wine vinegar. Let sit 10 minutes.
- 3) Toss the chicken, apple, celery, walnuts, parsley and tarragon in a medium bowl. Season with salt and pepper then set aside.
- 4) Whisk together yogurt, milk, and mustard in a small bowl. Pour the yogurt mixture into the chicken and gently stir to coat.
- 5) Fold in the currants, shallots and the remaining 1 tablespoon of vinegar. Adjust the seasoning with salt and pepper to taste.

