

Cranberry Apple Chicken Salad

Ingredients: Chicken breast, red onions, Granny Smith apples, dried cranberries, toasted almonds, green onion, ginger, lemon zest, mayonnaise, whole grain mustard, salt, black pepper.

Allergens: Eggs, Tree Nuts

Ingredients for 4 servings

- 3/4 lb- chicken breast, diced
- 1/3 tsp- salt
- Pinch- black pepper
- 1 clove- garlic, minced
- 1 Tbsp- olive oil

- 2 Tbsp- red onion, small dice
- 1/2- Granny Smith apples, small dice
- 3 Tbsp- dried cranberries
- 3 Tbsp- sliced almonds, toasted
- 3 stalks- green onion, chopped
- 1 pinch- ginger, microplaned
- 1/2 tsp- lemon zest
- 1/4 cup- mayonnaise
- 1/3 tsp- whole grain mustard

Preparation

Toss chicken breast with garlic, salt, pepper, and oil until fully coated and roast in the oven at 375 degrees until it reaches an internal temperature of 165 degrees (approx 25-30 min). Set aside to cool. The chicken should be fully chilled before use.

Mix mayo, mustard, ginger, lemon zest together until fully incorporated. Mix in red and green onions, apples, and cranberries. Toast almonds in the oven at 350 for 10min and set aside to cool. Almonds can be added once cool.

Once chicken is fully chilled, cut into bite sized pieces and toss together with the mix.