

Sonoma Chicken Salad

Stacy Lundy

Dressing:

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

Salad:

2 lbs. boneless, skinless
chicken breasts
 $\frac{3}{4}$ cup pecan pieces, toasted
2 cups red seedless grapes
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 ahead.

Preheat oven to 375°. Place the chicken breasts in one layer in a baking dish with $\frac{1}{2}$ 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.

Best Chicken Salad

Natalie Horany

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| $\frac{3}{4}$ cup mayonnaise | $\frac{1}{3}$ cup green onions with green ends |
| $\frac{1}{3}$ cup (or less) pineapple juice | $\frac{3}{4}$ cup pecans chopped |
| 3 cups cubed chicken | $\frac{1}{2}$ tsp. curry |
| 1 $\frac{1}{2}$ cups red seedless grapes, sliced | $\frac{1}{2}$ tsp. Nature's Seasoning |
| 1 cup celery, cut small | |

Mix mayonnaise with enough pineapple juice to loosen it, then mix all ingredients together.