

Chicken Salad with Apples and Grapes

**Need one 9"x11" disposable aluminum pan

Ingredients

Dressing

1/2 cup mayonnaise
1/2 cup sour cream
1 tablespoon apple cider vinegar
1 tablespoon honey
1 tablespoon lemon juice
2 teaspoons poppy seeds
Salt and freshly ground pepper to taste

Salad

1 rotisserie chicken (or 3lbs cooked, skinless, boneless chicken)
2 cups red seedless grapes, halved (or quartered if very large)
2 green apples, cored and diced
4 stalks celery, finely diced
3/4 cup almonds, chopped and toasted
1/4 cup sliced green onions
10-12 bulky rolls
1 romaine heart
2 ripe tomatoes for slicing

Directions

1. Whisk together mayonnaise, sour cream, vinegar, honey, lemon juice, poppy seeds, salt and pepper.
2. Remove the skin from the chicken and pull meat off the bones. Roughly chop the chicken into bite-size pieces. Combine chicken, grapes, apple, celery and dressing. Pour into aluminum pan and cover.
3. Place rolls, uncut tomatoes and romaine heart in a gallon ziploc bag. They will be washed and sliced at Lifebridge for sandwich assembly.

DROP-OFF

Deliver **chicken salad in aluminum pan, rolls, tomatoes and romaine** to SPUR (Marblehead & Swampscott residents) or to Lifebridge (Salem residents - if dropping off at Lifebridge be sure to clearly mark on top of cover SPUR meal and meal date).