



SPUR RECIPE - July - Summer Holiday Chicken Salad, with Tomato & Cucumber Dill salad

This recipe should yield at least 10 servings, depending on how much is placed on each roll.

INGREDIENTS:

2.5 lbs boneless chicken breast (can also use chicken breast tenders)
4 ribs of celery, chopped
3/4 cup red grapes, sliced in half
1/4 cup dried cranberries
4 to 5 scallions, chopped
10-12 bulky rolls
1 romaine heart
2 ripe tomatoes for slicing
1 cup pecans, chopped (kept separate)

Dressing:

1/2 cup mayo
2 tsp brown mustard
1 lemon, juiced
1 tsp salt & pepper (or to taste)

INSTRUCTIONS:

Season chicken w/ salt & pepper. Heat about 1 to 2 tbsp olive oil in skillet over med heat, add chicken & cook until not pink inside - about 10 mins. Let cool then shred.

In a large bowl, mix chicken with celery, grapes, cranberries & scallions.

In separate bowl mix mayo, mustard & lemon juice in small bowl. Season w/ salt & pepper then add to chicken. Stir dressing into shredded chicken until well mixed.

Side:

Tomato & Cucumber Dill Salad

Ingredients:

2 cups of cherry tomatoes cut in half (multi color if available for color is nice)
1 red onion, sliced thin
1 red pepper, chopped
2 cucumbers, peeled and chopped
1 tbsp fresh dill, finely chopped
2 tbsp each olive oil and red wine vinegar
1/2 lime juiced

Cut cherry tomatoes in half and place in salad bowl. Add cukes, red pepper and onion. Stir in fresh dill.
In small bowl, mix vinegar, olive oil, and lime and drizzle over salad. Season with sea salt & black pepper.

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