

Idiot's Kitchen Recipe – Orchard Chicken Salad

Recipe from www.idiotskitchen.com



Ingredients:

3 Chicken Breasts Halves – bone-in, skin-on
2 Ribs Celery – chopped
1 Apple – chopped, Granny Smith, McIntosh or other firm apple
1 Cup Seedless Grapes – halved
 $\frac{3}{4}$ Cup Walnuts – toasted and chopped
1 Tablespoon Fresh Tarragon
1 Tablespoon Fresh Dill
 $\frac{3}{4}$ Cup Mayonnaise
Olive Oil (for baking the chicken)
Salt & Pepper

To cook the chicken breasts, preheat the oven to 350 degrees. Cover a baking pan with foil and drizzle olive oil, salt & pepper over 3 bone-in, skin-on chicken breasts. Bake the chicken at 350 degrees for 30-35 minutes until golden brown and the juices run clear. Allow the chicken to cool, then remove the skin and pull the meat away from the bones. Chop into chunky, bite-sized pieces.

Add the chicken to a mixing bowl with 2 ribs chopped celery, 1 chopped apple (leave the skin on), and 1 cup of halved, seedless grapes. Toast $\frac{3}{4}$ cup of walnuts in a dry pan over medium low heat until golden and fragrant. Chop the walnuts and add them to the bowl. Finely chop 1 Tablespoon each of fresh tarragon and fresh dill and add them to the bowl. Mix in $\frac{1}{2}$ - $\frac{3}{4}$ cups mayonnaise (light is okay) and stir thoroughly to combine. Season with salt & pepper.

Allow the chicken salad to chill in the refrigerator for several hours for the flavors to blend. Taste to adjust the seasonings and serve on a bed of mixed greens.