



POPPYSEED CHICKEN SALAD

From the Kitchen of DBC Marissa

INGREDIENTS:

- 1 Chicken breast
- Mixed greens
- 1/3 c. Glazed pecans
- 1/3 c. Red grapes
- 1/2 Pear
- Gorgonzola cheese

POPPYSEED DRESSING:

- 1/4 c. Olive oil
- 2 T. Plain, non-fat greek yogurt
- 1/2 t. Apple cider vinegar
- 1/2 T. Lemon juice
- 2 t. Honey
- 2 t. Poppyseeds
- 1/8 t. Salt

DIRECTIONS:

1. Grill or bake chicken breast. Cut into strips or cubes.
2. Add mixed greens into a large bowl.
3. Thinly slice pear and set aside.
4. Slice grapes in half, set aside.
5. Add glazed pecans, grapes and pear into bowl.
6. Add poppyseed dressing and mix.
7. Add chicken breast.
8. Sprinkle the gorgonzola cheese over the top and enjoy!

POPPYSEED DRESSING:

1. Place all ingredients into a jar or cup with a lid. Screw on the lid and shake until fully combined.