

Sonoma Chicken Salad

Ingredients:

Two pounds of boneless chicken breast, precooked
and sliced into chunks
1 cup of green or red grapes, halved
1 cup chopped pecans
1 cup celery, diced

Dressing:

One cup of canola mayonnaise (add more if desired)
1/3 cup of honey
2 to 3 Tablespoons of apple cider vinegar
Juice from one lemon
White pepper (to taste)
Poppy seeds (1 Tablespoon)
Salt (to taste)

Mix chicken chunks, grapes, pecans and celery in a bowl.

In a separate bowl, blend mayonnaise, honey, apple cider vinegar, lemon juice, white pepper, poppy seeds and salt. (Add more mayonnaise as desired.)

Fold the dressing into the dry ingredients in small increments until reaching the desired consistency.

Serve on a bed of lettuce with fruits and raw vegetables.

Serves six.

Note: The amounts listed are estimates, and may be changed to suit personal preference.