

Honey-Mustard Pretzel Chicken Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  45
m

Serves:  10

Contains: 

Preference: Meat

Difficulty: Medium

Occasion: Shabbat

Source: Family Table by
Mishpacha Magazine

Crispy, colorful, and crunchy. A culinary experience. Thanks to the Mazlin family of Los Angeles.

Ingredients (16)

Pretzel-Crusted Chicken

- 1 pound (1/2 kilogram) boneless chicken breast, cut into 1 and 1/2-inch wide strips
- 2 egg whites or 1/3 cup **Haddar Egg Whites**
- 1/4 cup **Haddar Dijon Mustard**
- 1 tablespoon **Gefen Honey**
- 1 teaspoon seasoned salt
- 1 and 1/4 cups thin pretzel twists, crushed

Dressing

- 1/4 cup **Haddar Dijon Mustard**
 - 1/4 cup **Gefen Honey**
 - 1/4 cup olive oil
 - 1/2 lime, juiced
 - 1/2 teaspoon smoked paprika
 - pepper, to taste
-

Salad

- 2 cups tiny twist pretzels (for the croutons)
 - 4–6 cups lettuce
 - 2 cups strawberries, sliced
 - 1 large avocado, diced
-

Start Cooking

Prepare the Chicken

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. In a large bowl, combine the egg whites, mustard, honey, and seasoned salt; whisk well.
3. Toss the chicken in the mixture and set aside.
4. Place the pretzels in a sealable plastic bag, seal, and finely crush through the bag. Spread out on a large plate.
5. Line a baking sheet with Gefen Easy Baking Parchment Paper. Remove one piece of chicken at a time from the mustard mixture and coat with crushed pretzels. Place onto prepared baking sheet. Repeat with remaining chicken.
6. Mist the tops of the chicken pieces with nonstick spray.
7. Bake for about 20 minutes, flipping chicken halfway through baking, until the chicken is cooked through. Remove from the oven.

Prepare the Dressing

1. Whisk together ingredients in a small bowl. Adjust seasoning to taste.

Variation:

Lemon may be substituted for lime.

Prepare the Salad

1. Remove three to four tablespoons of the prepared dressing and place in a medium-sized bowl. Toss the pretzels or pretzel crisps with the dressing and place on parchment paper.
2. Place in the oven (not preheated) at 350 degrees Fahrenheit (180 degrees Celsius) for three minutes or until they turn golden brown, flipping halfway through. They burn quickly. Remove from oven and let cool five minutes.
3. In a large bowl, toss the lettuce, spinach, strawberries, and avocado together.
4. Plate the salad and top each plate with a piece of chicken. Then drizzle with dressing. Top with the honey-mustard pretzel croutons. Enjoy!

Note:

Ask your rabbi how to clean and check strawberries.

Tip:

Pretzel croutons are delicious on their own!

Variation:

May use tiny twist pretzels or pretzel crisps (for the croutons).

May use lettuce or a mix of lettuce and spinach

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber