

# Spinach, Apple, and Beet Salad

Recipe By Kiki Fisher



Cooking and Prep:  40  
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Serves:  5

No Allergens

Preference: Meat

A crisp, elegant, and unique take on the same old beet or chicken salad.

Difficulty: Medium

Occasion: Passover, Rosh  
Hashanah

Diet: Gluten Free, Low Fat

Source: Whisk by Ami  
Magazine

## Ingredients (10)

### Main ingredients

- 2 bone-in, skin-on chicken breasts (about 1 and 1/2 pounds)
- pinch of salt
- dash of pepper
- 1/2 cup freshly squeezed orange juice

- juice of 1 lemon, divided
  - 2 tablespoons **Bartenura Extra-Virgin Olive Oil**
  - 8 ounces cooked beets, or 2 **Gefen Organic Beets**, thinly sliced
  - 5 ounces (5 cups) mixed greens or Romaine lettuce
  - 2 red apples, quartered, cored, and thinly sliced
  - 1 cup pomegranate seeds
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## Start Cooking

### Cook the Chicken

1. In a medium pot, combine chicken and enough water to cover by one inch; season with salt. Bring to a simmer over medium-high heat, then reduce heat to a low simmer and cook chicken until cooked through, 18 to 20 minutes. Transfer chicken to a plate and let sit until cool enough to handle. Slice thinly.

### Prepare the Dressing

1. Whisk together orange juice, oil, and juice of half a lemon. Season with salt and pepper.

### Assemble the Salad

1. Toss apple slices with remaining lemon juice to prevent browning.
2. Arrange beets on a large platter. Top with greens, chicken, apples, and pomegranate seeds. Drizzle with orange dressing.