

Spring Chicken Salad

Recipe By Naomi Nachman



Cooking and Prep:  15
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Serves:  8

Contains: 

Preference: Meat

Difficulty: Easy

Diet: Gluten Free

Source: Kosher.com

Exclusive

Ingredients (14)

For the Salad

- 2-3 cups leftover chicken from chicken soup (picked over)
- 1 peach, cubed
- 1 cup blueberries
- 1/2 cup pomegranate seeds
- 6 cups arugula or mixed greens
- 1/2 red onion, sliced

1 cup honey-glazed pecans, chopped

Dressing

1/2 small red onion, diced finely

1/4 cup Tuscanini Apple Cider Vinegar

1 teaspoon Haddar Kosher Salt

1/4 cup Heaven & Earth Pomegranate Juice

1 teaspoon dry mustard

1/2 cup sugar

1/2 cup Gefen Olive Oil

Start Cooking

Prepare the Dressing

1. Place onion into the bowl of a food processor fitted with the “S” blade; chop until very fine. Add remaining the ingredients except olive oil; process with the onion for 10 seconds.
2. While the machine is running, add oil in a slow, steady stream. This will help emulsify (thicken) the dressing and prevent it from separating.

To Serve

1. Toss all the salad ingredients together in a large bowl; pour dressing over right before serving.