

CHICKEN-CRANBERRY-PECAN SALAD

I love this flavorful salad, inspired by “emmaxwell’s” recipe on allrecipes.com. Cook the chicken breast according to Paula’s recipe for “chicken breast.” When prepared using the mock “sous vide” method, the chicken salad is awesome due to the very moist, tender and flavorful chicken. The flavors from the cranberries, pecans, veggies and seasoning salt are excellent. Though this salad has 1 ½ cups of mayo, it is not drowning in it. The salad will taste salty immediately after you make it. Overnight, the salt blends better and it is a world of deliciousness!

INGREDIENTS

Set 1

5 c. cooked, ¾-inch cubed, chicken breast (about 2 large chicken breasts)
1 c. diced celery
½ c. diced carrots
¼ c. minced onions
1 c. sweetened, dried cranberries, chopped then measured
¾ c. whole, sweetened, dried cranberries
1 c. cup pecan halves, measured, toasted, then chopped

Set 2

1 ½ c. good quality mayonnaise
1 ½ tsp. paprika
1 ½ tsp. seasoning salt
¼ tsp. ground black pepper
1/8 tsp. poultry seasoning

Tools: large bowl, rubber spatula

DIRECTIONS

1. Mix all of the ingredients together in the large bowl.
2. Cover and store in the fridge overnight so the flavors can mingle.
3. Enjoy with shredded lettuce and quartered grape tomatoes in a lightly toasted whole wheat pita.