

# Crispy Chicken Salad with Yummy Honey Mustard Dressing

Coweed

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## Servings: 6

*2 tablespoons olive oil  
1 1/2 cups panko bread crumbs  
1/4 teaspoon garlic powder  
2 tablespoons chopped fresh parsley  
1/2 cup flour  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 eggs  
2 tablespoons water  
1 1/2 pounds boneless/skinless chicken breasts, cut lengthwise into 1x3-inch strips  
8 cups mixed Spring salad greens  
2 large carrots, peeled and thin-sliced diagonally  
1 cup sliced radishes  
YUMMY HONEY SALAD DRESSING  
3/4 cup mayonnaise  
3 tablespoons yellow mustard  
3 tablespoons honey  
4 teaspoons Dijon mustard  
1 tablespoon lemon juice*

## Preparation Time: 30 minutes

Make the Yummy Honey Salad Dressing: In a small bowl, stir together the mayonnaise, yellow mustard, honey, Dijon mustard and lemon juice. Chill, covered, up to one week.

In an extra-large skillet over medium heat, heat the oil. Add the panko and garlic powder. Cook, stirring, until toasted, 2 to 3 minutes. Transfer to a shallow dish and let cool. Stir in the parsley.

Coat an air-fryer basket with cooking spray and preheat the air fryer to 400 degrees.

Meanwhile, in another shallow dish, stir together the flour, salt and pepper.

In a third shallow dish, whisk together the eggs and the water.

Dip the chicken strips into the flour mixture, then the egg mixture, and then the panko mixture to coat.

Working in batches, add the chicken to the air fryer. Cook, turning once, for 5 to 7 minutes or until an instant-read thermometer inserted into the thickest parts registers 165 degrees. Transfer to a plate. Cover and keep warm. (If you don't have an air fryer, bake for 15 minutes in a 425 degree oven, turning once.)

Toss together the salad greens, carrots and radishes in a large bowl. Divide the salad among the plates, top with chicken and drizzle with the Yummy Honey Mustard Dressing.

Per Serving (excluding unknown items): 356 Calories; 30g Fat (72.8% calories from fat); 4g Protein; 21g Carbohydrate; 2 Dietary Fiber; 80mg Cholesterol; 419mg Sodium. Exchanges: Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 1/2 Carbohydrates.