
Smoked Chicken and Apple Salad

*Chef Dennis Cole - Banyan Restaurant, Ringling Museum of Art - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 6

3/4 pound smoked chicken, cut into one-inch pieces
1 medium red bell pepper, julienned
2 large Granny Smith apples, peeled, cored and cut into 1/2-inch slices
1 cup pecans
1 small red onion, thinly sliced
1 small clove garlic, minced
1/4 teaspoon dry sage
1 tablespoon Dijon mustard
1 tablespoon white wine vinegar
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/3 cup extra virgin olive oil

Preheat the oven to 400 degrees.

Spread the pecans on a baking sheet and cook in the oven until fragrant, about 5 minutes. Let cool and then crumble into smaller pieces.

In a small bowl, combine the garlic, sage, mustard, vinegar, salt and pepper.

Slowly whisk in the olive oil.

Place the onion slices in a small bowl. Cover with cold water and soak for 7 to 10 minutes. Drain well.

In a large bowl, combine the onion, apples, red pepper and chicken.

Pour the vinaigrette over the salad. Toss well.

Divide the salad onto six chilled plates. Sprinkle with toasted pecans and serve.

Salads

Per Serving (excluding unknown items): 264 Calories; 24g Fat (78.6% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 123mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.