

Apple Harvest Chicken Salad (Like Red Robin)

A sliced grilled chicken breast on top of lettuce tossed with apple pieces, candied walnuts, bleu cheese and a light Dijon vinaigrette dressing

Yield:

2 large servings

Ingredients:

2 small-medium (or 1 huge) heads of Romaine lettuce, washed and chopped bite-size*

1/2 cup thinly sliced and halved red onion, optional

2 red apples, washed, cored, and thinly sliced/diced**

1/4 cup crumbled bleu cheese***

1 cup Maple Glazed Walnuts (or glazed walnuts of your choice)

1/2 cup of Honey Mustard Vinaigrette or your favorite vinaigrette salad dressing

2 medium grilled chicken breasts, thinly sliced****

Instructions:

1.
In a large mixing bowl, toss together the lettuce, onion, apples, walnuts, and bleu cheese (reserve a few apple slices and bits of cheese for garnish), along with enough dressing to lightly coat. Don't use too much dressing, as this salad is very flavorful already!

2. Spoon tossed salad onto a large serving plate. Place the sliced

chicken breast on top and sprinkle with reserved bleu cheese to garnish
(if desired) and garnish edges with apple slices.

Enjoy your delicious salad and feel great that you made it yourself! ☐

Additional Notes:

*About 8-10 cups chopped greens total. Feel free to use other lettuces for part of the lettuce, or even some baby spinach!

**I used Fuji; I think any sweet crisp red/pink apple would be great!

***If you don't care for bleu cheese, you could substitute feta or an even milder white crumbled cheese.

****The chicken can be still warm OR be leftover grilled chicken. I

like to have Joshua grill some extra chicken and then use the leftovers

for a meal like this. I'm sure any cooked chicken meat would suffice but

grilled chicken breast is the BEST! ☐

This salad (1 serving) costs over \$10 at Red Robin – plus tax and a tip! Making it at home is easy and fun... and affordable!

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This recipe is from Tammy's Recipes.