

## FAST & FRESH: *Dinner in 20 minutes*

### Chicken Salad With Hearty Grains, Almonds & Apples

**Serves 2 as a main course**

You will probably have leftover vinaigrette, which you can refrigerate and use within 1 week.

- 2 pieces leftover baked chicken legs, with juices (from previous recipe)
- 1 cup porcini pilaf (from previous recipe)
- 1 small shallot, minced

- ½ teaspoon stone-ground or Dijon mustard
- 1 tablespoon red wine vinegar
  - Kosher salt and pepper to taste
- 3 tablespoons extra virgin olive oil
- 1 small apple, diced (no need to peel)
  - Leftover toasted almonds (from previous recipe)
- 4 ounces mixed greens

**Instructions:** Heat the chicken and the pilaf separately in the microwave for 1 minute each, or until warmed slightly.

Pour 2-3 tablespoons collected chicken juices (if there is that much) into a salad

bowl; add the shallot, mustard and vinegar. Season with salt and pepper to taste, then whisk in the olive oil.

Remove the skin from the chicken, then tear the chicken into pieces and add to the salad bowl. Add the grains, apples, almonds and greens. Toss until the leaves are coated, then season to taste with salt and pepper and serve.

**Per serving:** 530 calories, 20 g protein, 41 g carbohydrate, 33 g fat (5 g saturated), 47 mg cholesterol, 85 mg sodium, 10 g fiber.



**Wine pairing:** This flexible dish will pair with a number of wines including dry rosé and tart whites like the 2007 Domaine des Niaux Rhedon-Marin Mâcon-Villages (\$13).