



Pheasant Ward  
Recipes

Category (Salads)

## Spinach-Chicken-Apple Salad with Apple Vinaigrette

Submitted by (Unknown)

<p><b><u>Recipe</u></b></p> <ul style="list-style-type: none"> <li>• 1 bag fresh spinach, 12-16 ounces</li> <li>• 1 pound cooked chicken breast, cut into bite-sized pieces</li> <li>• 1 green apple (leave colorful peeling on apple)</li> <li>• 1 red apple (leave colorful peeling on apple)</li> <li>• ½ cup raisins</li> </ul> <p><b>Vinaigrette:</b></p> <ul style="list-style-type: none"> <li>• ½ cup granulated sugar</li> <li>• ½ cup apple cider vinegar</li> <li>• 2 teaspoons finely diced purple onion</li> <li>• ½ teaspoon dry mustard</li> <li>• ½ teaspoon salt</li> <li>• ¼ cup vegetable oil</li> <li>• ¾ cup finely chopped apple (approximately 1 small apple)</li> </ul> <p>Put salad together. Wash spinach, let dry. Make vinaigrette: Pulse a few times in blender (no more than 6) sugar, vinegar, onion, mustard, salt, apple, vegetable oil. Moisten chicken with a little of the vinaigrette. Put chicken in the bottom of a serving bowl. Put spinach on top of chicken. Add apples and raisins. <b>Do Not Toss Yet.</b> Refrigerate spinach combo and dressing separately, until serving time. Pour dressing over spinach just before serving and toss.</p>	<p><b><u>Grocery List</u></b></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
	<p><b><u>Side dish</u></b></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>
	<p><b><u>Tips/Helpful hints</u></b></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>