

Carlson[®]

Stonefruit Chicken Salad with Hint of Honey Dressing

by Candy McMenamin

Salad Ingredients:

- 2 Cups Chicken, cooked & chopped
- 4 Large Napa Cabbage Leaves
- 1 Large Ripe Peach, peeled, pitted & chopped
- 1 Large Ripe Nectarine, peeled, pitted & chopped
- 2 Large Ripe Plums, peeled, pitted & chopped
- 1/4 Cup Celery, chopped
- 2 Tbsp. Red Onion, chopped
- 1/4 Cup Carrots, chopped
- 1/4 Cup Almonds, sliced
- 2 Tbsp. Fresh Thyme, chopped

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Vinaigrette Ingredients:

- 1/4 Cup Carlson The Very Finest Fish Oil
- 1/4 Cup Red Wine Vinegar
- 2 Tbsp. Honey
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 1/8 tsp. Red Pepper, grounded

Garnish: Thyme Sprigs, if desired

Directions: Combine salad ingredients in a large bowl. Toss gently. In a small bowl, whisk together vinaigrette. Drizzle over salad and toss gently to coat. Place a cabbage leaf on each of four serving plates. Mound salad evenly on each leaf. Garnish with a sprig of thyme, if desired.

Yields: 4 servings

A light and refreshing chicken salad with fruit, veggies, and nuts, topped with a healthy vinaigrette!
Great Anytime!