



# *Fennel Apple Chicken Chopped Salad*

## **INGREDIENTS:**

### **SALAD MIX**

- 1/4 cup fennel, sliced thin
- 1/2 Granny Smith apple, sliced thin
- 1/2 Gala apple, sliced thin
- 1 Roma tomato, diced
- 1 piece green onion, sliced thin
- 1 each Romaine heart, 1/4 inch julienne
- 1/4 head iceberg lettuce, 1/4 inch julienne
- As needed cooked chicken, sliced

### **APPLE CIDER HONEY MUSTARD DRESSING**

- 1 cup apple cider vinegar
- 3 cup olive oil
- 2 tablespoons Italian parsley
- 1 garlic clove
- 3 tablespoons honey
- 3 tablespoons Dijon mustard
- Salt and pepper to taste
- Lemon juice to taste sliced

## **DIRECTIONS:**

### **SALAD MIX**

Toss all ingredients well in a bowl and place nicely in a bowl or a plate.

### **APPLE CIDER HONEY MUSTARD DRESSING**

1. Place all ingredients and blend for three minutes in a blender.
2. Dress salad to taste