



DESCRIPTION

Would you like to add a little crunch to your lunchtime salad? Then let Chef Kate Honeyman show you how to make a Chicken Salad with Cashews and Apples.

INGREDIENTS

- 1/2 cup peeled and diced Granny Smith apples (about 1/4-inch dice)
- 2 tbsp rice wine vinegar
- 3 cups shredded, cooked chicken meat
- 3/4 cup finely chopped celery
- 1/2 cup roasted cashew pieces
- pinch celery salt
- freshly ground black pepper
- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1 tbsp lemon juice

TOOLS

- medium-sized non-reactive mixing bowl
- small non-reactive bowl

DIRECTIONS

1. Combine the diced apples with the rice wine vinegar in a medium-sized non-reactive mixing bowl; toss to mix.
2. Add the chicken, celery, cashews, celery salt, and pepper; mix to combine.
3. Mix together the sour cream, mayonnaise, and lemon juice in a small non-reactive bowl.
4. Add 3/4 of the dressing to the chicken mixture and mix well.
5. If needed, add more dressing, 1 teaspoon at a time, until desired consistency is achieved. Taste and adjust seasoning as needed. Refrigerate until ready to serve. Garnish with extra roasted cashew pieces.