



Sonoma Chicken Salad

6 Servings • 1 Serving = 1 Cup

Recipe from Sonoma Express by Connie Guttersen, RD, PhD

INGREDIENTS

- 2 Tablespoons red wine vinegar
- 1 Tablespoon shallots
- 1 ½ teaspoons Dijon mustard
- 2 Tablespoons extra virgin olive oil
- 1/8 teaspoon salt
- Freshly ground black pepper, to taste
- 4 cups cooked chicken breast, coarsely shredded
- 1 (15 ounce) jar roasted red and yellow bell peppers, drained and cut into strips
- 1 (6 ounce) jar marinated artichoke hearts, drained and coarsely chopped
- ¼ cup red onion, thinly sliced
- ¼ cup toasted almonds, chopped
- 2 Tablespoons flat leaf Italian parsley, chopped
- 2 Tablespoons capers, rinsed and drained
- 6 large lettuce leaves (Bibb or Boston)
- 2 ounces parmesan cheese, shaved

DIRECTIONS

1. In a small bowl, combine red wine vinegar, shallots, and mustard. Whisk to combine and add oil in a thick steady stream. Season with salt and pepper and whisk well to combine.
2. In a large bowl, combine chicken, bell peppers, artichoke hearts, onion, almonds, parsley, and capers.
3. Drizzle mixture with red wine vinaigrette, toss gently to coat, cover, and chill for at least 1 hour.
4. Spoon chicken salad onto lettuce leaves and sprinkle with cheese.

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 320

% Daily Value*

Total Fat 16g 21%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 660mg 29%

Total Carbohydrate 10g 4%

Dietary Fiber 5g 18%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg 0%

Calcium 156mg 10%

Iron 2mg 10%

Potassium 421mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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