

Salad - Italian Chicken Salad

Show: Sep 18th

Ingredients :Serves 4

2 lbs Roasted Chicken
1 bulb Fennel, cored and thinly sliced
1 Small Red Onion, thinly sliced
3 stalks Celery, thinly sliced on bias
1/2 cup Olive Oil, Virgin
3 cloves Garlic, chopped
2 Lemons juiced
1/2 cup Italian parsley, fresh, chopped
1/2 cup Mayonnaise
1 Lemon zest
Salt to taste
Freshly ground pepper to taste
8 oz Arugula, washed and dried

Procedure:

Remove the meat from the chicken and shred into bite-size pieces. In a large bowl, combine the chicken, fennel, red onion and celery....toss. Set aside

In a skillet, heat the olive oil over moderate heat, add the garlic and sauté until golden. As soon as the garlic has colored, add the lemon juice all at once.

Remove from heat and set aside to cool. Add to the chicken mixture than add parsley, mayonnaise, lemon zest and salt and pepper.

Serve over the arugula.

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