

Apple Chicken Salad

Jenn Can Cook!

Ingredients:

For Chicken:

2 whole chicken breasts
¼ cup salt
6 cups cold water
½ lemon
½ tbs thyme
Apple cider vinegar

For Dressing:

2 tbs balsamic vinegar
2 tbs apple cider vinegar
Sprinkle of lemon juice
Pepper to taste
½ cup vegetable oil
1 tbs fresh thyme

For Salad:

2 heads red lettuce
1 large cucumber sliced
2 cups raisins
2 large tomatoes
½ red onion
2 large apples
2 cups crumbled feta cheese

Directions:

In large bowl mix salt, water, lemon juice, ½ tbs thyme and apple cider vinegar until salt dissolves. Wash chicken and slice chicken into strips cutting long ways. Submerge chicken into salt brine, cover in plastic and chill for a minimum of 1 hour.

After chicken has set remove from brine and pat dry. On hot preheated grill, cook chicken through, about 165 degrees F, turning only once. Remove from grill and let set.

In a small bowl combine both vinegars, lemon juice, pepper and thyme. Using a whisk, vigorously mix the vinegar mixture while slowly pouring a steady stream of oil into the bowl.

Chop lettuce into bite size pieces and place in large bowl. Sprinkle ¼ cup dressing over lettuce and toss, adding more dressing if needed. Arrange Cucumbers, tomatoes, onions and apples into layers on top of lettuce. Top salad with grilled chicken strips and sprinkle with raisins and feta cheese. Serve immediately.