



# Broccoli, Carrot, Chicken Salad on a bed of fresh Buttercrunch Lettuce

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- ¼ Cup Olive Oil
- ½ cup Black Walnut, pieces
- 4 cups Broccoli, florets
- 1 cup Carrots, julienned
- 2 Gala Apples, Diced
- ½ Cup Currants dried
- 2 tablespoons White Wine Vinegar
- 1 teaspoon Honey
- 1 teaspoon Dijon Mustard
- 1 teaspoon Cinnamon
- 1 tablespoon flaxseed
- 1 Butterhead Lettuce, Washed and torn into bite size pieces
- 8 Broiled Chicken Strips

Heat a medium skillet over medium heat with Olive Oil. Add the Walnut pieces and cook, stirring occasionally, until evenly toasted, 6-8 minutes. Remove to a small bowl.

Bring a medium pot of salted water to a boil

Cut the broccoli florets into a bite sized pieces. Have a bowl of ice water ready. Cook the broccoli in boiling water until crisp tender, about 3 minutes. Add carrots and cook 30 seconds more. Drain the broccoli and carrots and submerge in the ice water to stop the cooking process, Drain well and pat dry.

Whisk together the vinegar, honey, Dijon Mustard, Cinnamon, Flaxseed in a medium bowl. Gradually add the olive oil while whisking constantly. Add the broccoli, Carrots, Apples, Currants and toss to coat.

Place salad mixture over butterhead lettuce and place 2 chicken strips on each salad.

Serves 4 people