

Apricot Chicken Salad

Recipe Cookbook: Fabulous Food Associations

Prep Time: 7 minutes Cooking Time: 0

INGREDIENTS:

1 can (15 1/4 oz) almond flavored apricot halves, un-drained

2 TBS white wine vinegar

1 TBS Dijon Mustard

1/2 tsp dried tarragon, crushed

2 C cooked chicken, shredded

1/2 avocado, sliced

1/2 small red onion, thinly sliced

4 C spinach leaves, torn

Salt & pepper, optional

DIRECTIONS:

Drain apricots by pouring juice into a blender; reserve apricots. Add vinegar & mustard to blender. Cover & run on high for 2 minutes. Stir in tarragon.

Pour 1/3 C of the dressing over chicken, toss to coat. Let stand 15 minutes.

Arrange chicken, reserved apricots, avocado & red onion on spinach. Serve with remaining dressing. If desired, season with salt & pepper.

Serves: 2