Delish Apple-Chicken Salad with Ginger



First, the Marinade:

¼ cup olive oil

3 garlic cloves

2 Tablespoons brown sugar

1 teaspoon Worcestershire sauce

1 Tablespoon minced ginger

½ cup soy sauce

For your Salad:

6 cups salad greens – mix it up, your choice!

1 Apple, diced and 1 Avocado\* optional

1 Red Bell Pepper, diced

Goat cheese and toasted almonds

Dressing:

¾ Apple Cider Vinegar

¼ cup olive oil – add additional ¼ if you prefer

1 teaspoon each, Dijon mustard and honey

1 Tablespoon orange or lemon juice

Salt and pepper. Whisk all ingredients.

Directions: Prepare the marinade using a small bowl, whisking ingredients until the sugar is dissolved.

Place the chicken in a small dish and pour the marinade evenly over the chicken. Seal or cover. Refrigerate for two to four hours.

Grill or bake chicken until internal temperature reaches 165 F. Chop into bite sized pieces.

Preparing the salad: In a large bowl, combine salad ingredients.

Toss the salad ingredients, chicken and dressing; Makes 4 servings.