

07/10/11 - Chicken Salad

What do you do with left over chicken from Shabbat or 4th of July or any meal? If I have grapes on hand, I put together this salad. It is very crunchy, refreshing, and so easy to prepare. This salad does not scream leftovers; it tastes wonderful and is perfect for lunch or super light supper on a hot evening. Sometimes I prepare chicken just for the purpose of making this salad. You will need about 4-5 cups of cubed chicken. It can be light or dark or mixed.



chicken for salad

8 chicken thighs

Or 4 chicken breasts

4 celery ribs

1 medium fennel bulb

1 red bell pepper, raw or roasted and peeled

$\frac{3}{4}$ cup chopped parsley

$\frac{1}{4}$ cup chopped cilantro (optional)

1 cup of red grapes cut in half (such as seedless Red Flame grapes)

$\frac{3}{4}$ cup roasted cashews

$\frac{1}{2}$ cup raisins or dried cranberries

Salt and pepper

1 tablespoon or more curry powder

$\frac{1}{2}$ cup of real mayonnaise or more

2 teaspoons lime juice

Zest of one lime



Red Flame Grapes

Skin and dice the chicken. Place the chicken in a large salad bowl and set the bowl aside while you prep the vegetables. Wash, dry, and dice the celery ribs and then, do the same with the fennel discarding any hard core. Next, dice the red pepper, raw or roasted, discarding any white veins.



Fennel

Add the vegetables, grapes, cashews, and raisins to the chicken in the salad bowl. Mix in the parsley, then, season with salt and pepper. Mix the mayonnaise with the curry powder, lime juice, and zest. Toss the salad. Enjoy in a sandwich, on crostini or served in lettuce or radicchio cups for a luncheon.



Chicken Salad

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