

# Spring Brussels Salad with Chicken and Green Apple

*If you haven't jumped on the canned chicken train, I'm here to sway you. Relatively low-priced, this pantry staple can be a real hero when the easy button needs to be pushed. In this surprisingly hearty dish, zing from the green apple combined with earthy Brussels and a pecan crunch leave one reaching for the salad tongs.*

1 Granny Smith Apple, sliced into matchsticks  
1 cup Brussels Sprouts  
1/2 cup Toasted Pecan Halves, chopped  
2 12.5 oz cans Chunk White Chicken Breast  
1 Shallot, minced  
1/4 cup Champagne Vinegar  
Juice from 1/2 Lemon  
1 Tbsp Sugar  
1 Tbsp Salt  
1/2 cup Olive Oil  
Salt and Pepper to taste

- 1) Bring a pot of salted water to a boil. Cook Brussels for 1 minute, then immediately cool in an ice bath. Slice into matchsticks.
- 2) Rinse canned chicken in colander. Pat dry, then season with salt and pepper, breaking apart large chunks.
- 3) Combine shallot, vinegar, lemon juice, sugar and salt in small bowl. Whisk in olive oil and adjust to taste.
- 4) In a large bowl, toss together chicken, apple, Brussels, pecans, and vinaigrette. Season to taste with salt and pepper.

This salad is delicious served with toasted naan bread brushed with olive oil and sprinkled with dried thyme.

