

# Asian Chicken Pasta Salad with Apples and Honey Ginger Dressing

**Yield: 4 servings (serving size: 2 c.)**

## Salad:

Olive oil

4 c. cooked angel hair pasta

2 c. apples

2 tsp. fresh lemon juice

1 c. carrots

1 c. cucumbers

1 Tbsp. cilantro

salt and pepper, to taste

1 Tbsp. basil

$\frac{3}{4}$  lb. grilled boneless skinless chicken breast



## Honey Ginger Dressing:

1 tsp. dry mustard

2 tsp. lime juice

1 tsp. water

1 Tbsp. honey

1 tsp. garlic cloves, minced

1 Tbsp. soy sauce

1 tsp. shallots, minced

$4\frac{1}{2}$  tsp. canola oil

1 tsp. green onions, diced

$1\frac{1}{2}$  tsp pickled ginger (*in the Asian food section*)

$1\frac{1}{2}$  tsp. unseasoned rice wine vinegar

Pre-heat grill to medium high heat, brush chicken with olive oil, season with salt and pepper, grill 4 minutes per side.

Once cooled, slice chicken into thin pieces, and set aside. Cook 12 oz pasta, drain, and set aside. Julienne (slice into matchsticks) the apples, then cover with water and 2 tsp lemon juice and soak for 30 minutes; drain and set aside.

Julienne the cucumbers and carrots. Combine all salad ingredients – chicken, pasta, vegetables, fruit, and seasonings, in a large bowl. For the dressing, place all dressing ingredients (except canola oil) into a blender and puree until smooth.

Slowly drizzle in oil and blend. Pour dressing over the salad, toss, and serve. (Recipe courtesy of Compass.)

CALORIES 400.4, TOTAL FAT 12.9g, CHOLESTEROL 70.2mg, SODIUM 541.9mg, CARBOHYDRATE 36.9g, FIBER 4.3g, PROTEIN 33.8g, POTASSIUM 371mg



# Butter Lettuce Salad with Pomegranate Seeds, Apples, Celery, and Vinaigrette

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**Yield: 4 servings (serving size: 3 c.)**

## Salad:

- 4 Granny Smith apples, cored
- 1 tsp. fresh lemon juice
- 12 oz Boston Bibb lettuce
- ½ c. fresh pomegranate seeds
- 2 c. celery, sliced
- ¼ c. shaved parmesan cheese
- ½ tsp. ground black pepper



## Charred Shallot Vinaigrette Dressing:

- ⅓ c. shallots, chopped
- 1 tsp. honey
- 1 tsp. garlic, minced
- ¼ tsp. Dijon mustard
- ¼ tsp. olive oil
- 4 tsp. red wine vinegar
- ¼ tsp chopped fresh thyme
- Pinch of salt and pepper, to taste
- ⅓ c. olive oil and canola oil blend

For the dressing, in a small skillet, blacken shallots and garlic in ¼ tsp olive oil. Place in a blender with vinegar, honey, mustard, and thyme, and puree on high speed. Pour into a small bowl, whisk in oil, season with salt and pepper. Shake or stir well before serving. For the salad, leave peel on apples, core, and slice. Place in a bowl, covered in water and lemon juice (drain before serving). Wash and drain lettuce. Tear lettuce into large bowl. Toss with dressing. Split salad into 4 servings. Top each serving with sliced apples, pomegranate seeds, celery, cheese, and pepper.

(Recipe courtesy of Compass.)

CALORIES 263.8, TOTAL FAT 20.6g, CHOLESTEROL 3.6mg, SODIUM 166.5mg, CARBOHYDRATE 18.2g, FIBER 4.3g, PROTEIN 4.3g, POTASSIUM 493.7mg

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