

New York Chicken and Apple Salad



Ingredients

- 2 crunchy red apples, such as Red Delicious or Cox's, cored and cut into 1.5cm/5/8in slices
- ½ lemon, juice only
- 1 level tsp runny honey
- 150g/5½oz red and green seedless grapes, halved
- 2 celery sticks, thinly sliced
- 4 spring onions, thinly sliced
- 1 Little Gem, leaves separated, roughly torn
- 2 x 150g/5½oz cooked chicken breasts, skin removed, roughly torn
- 1–2 tbsp chopped toasted walnuts
- 3–4 sprigs fresh dill, to garnish

For the dressing

- 200g/7fl oz fat-free natural yoghurt
- 1 garlic clove, crushed
- 1 tbsp cider vinegar
- 1 level tbsp wholegrain mustard
- 2–3 tbsp chopped fresh dill
- salt and freshly ground black pepper

Method

1. Put the apples in a wide salad bowl and toss with the lemon juice and honey. Add the grapes, celery, spring onion, lettuce and chicken and toss.
2. To make the dressing, whisk the yoghurt, garlic, vinegar, mustard and dill together and season. Spoon over the salad and toss well.
3. Scatter with the walnuts, garnish with dill and serve.

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