

# Summer Chicken Salad

## RECIPE BY NAOMI NACHMAN

*Naomi Nachman, aka The Aussie Gourmet, is a personal chef, foodie personality, and cooking show host. She has added cookbook author to her credits. This recipe from her "Perfect Flavors," published by Artsroll/Mesorah Publication and shared with permission, marries fruit and chicken. It is perfect for summer!*

## INGREDIENTS

### For Salad

- 1 32-ounce container vegetable broth
- 1 pound chicken cutlets
- 1 peach, cubed
- 1 cup blueberries
- 6 cups arugula or mixed greens
- ½ cup honey-glazed pecans, chopped

### For Dressing

- ½ small red onion
- 1 teaspoon salt
- 1 teaspoon Dijon mustard
- 4 tablespoons balsamic vinegar
- ½ cup honey
- 1 teaspoon poppy seeds
- ½ cup olive oil

## DIRECTIONS

1. In a 4-quart pot over high heat, bring the broth to a boil.
2. Add chicken; lower heat to a simmer. Cook for 20 minutes, until chicken is no longer pink in the center.
3. Remove chicken from broth; cool. Once chicken has cooled, slice into bite-size pieces.
4. Prepare the dressing: Place onion into the bowl of a food processor fitted with the "S" blade; chop until very fine. Add remaining the ingredients except olive oil; process with the onion for 10 seconds.
5. While the machine is running, add oil in a slow, steady stream. This will help emulsify (thicken) the dressing and prevent it from separating.
6. Toss all the salad ingredients together in a large bowl; pour dressing over right before serving.



**Yields 8 servings**