

# Sonoma Chicken Salad by Lynn's Recipes

---



Lynn demonstrates a Sonoma Chicken Salad, which is a Whole Foods recipe. This would be delicious on bread, on a bed of lettuce for lunch.

## Ingredients:

### Dressing:

- 1 cup mayonnaise
- 4 teaspoons apple cider vinegar
- 5 teaspoons honey
- 2 teaspoons poppy seeds
- Salt and freshly ground pepper, to taste

### Salad:

- 2 pounds boneless, skinless chicken breasts
- $\frac{3}{4}$  cup pecan pieces, toasted
- 2 cups red seedless grapes, halved
- 3 stalks celery, thinly sliced

### Dressing:

In a bowl, combine mayonnaise, vinegar, honey, poppy seeds, salt and pepper. Refrigerate until ready to dress the salad. This can be prepared up to 2 days in advance.

### Salad:

# Sonoma Chicken Salad by Lynn's Recipes

---

Preheat oven to 375°. Place the chicken breasts in one layer in a baking dish with ½ cup water. Cover with foil and bake 25 minutes until completely cooked through. Remove cooked chicken breasts from pan, cool at room temperature for 10 minutes, then cover and refrigerate.

When the chicken is cold, dice into bite-size chunks and transfer to a large bowl. Stir in pecans, grapes, celery and dressing.

\*Affiliate Links

\*[Link to Creative Co-op Stoneware Batter Bowl Shaped Measuring Cups, Multicolored, Set of 4](#)

\*[Link to Kuhn Rikon Salt and Pepper Grinders](#)

[Comment or watch this Recipe on You Tube](#)

Follow me on:



[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes: January 2015  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

-----  
[Click here for a handy Conversion Chart](#)