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RACKS Recipes: Salads

Fowl Salad (no it's really good!)

- 1 pound cooked/ left over Wild Fowl (grouse, turkey, goose) or chicken breast, cubed
- 2 Granny Smith apples, cored and chopped
- 1 cup chopped celery (2 stalks)
- 1/2 cup chopped green onions
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/4 cup light dairy sour cream
- 1/4 cup red wine vinegar
- 3 tablespoons mayonnaise or salad dressing
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped walnuts, toasted
- 6 cups torn mixed salad greens

In a large bowl combine chicken, apples, celery, green onions, and parsley. Stir in sour cream, red wine vinegar, mayonnaise, kosher salt, and pepper. Stir walnuts into chicken mixture. Divide greens among 6 serving plates; top with chicken mixture.