

Curried Chicken Salad with Asparagus, Red Grapes and Pine Nuts

My adaptation of a Kalyn's Kitchen recipe



1 pound asparagus spears, trimmed and cut into diagonal 2 inch pieces

1 whole lemon (zest the skin and squeeze the juice)

3 large chicken breasts without skin, to yield about 4 cups

1 cup orange juice, mixed with 2 cups water

1 cup green onion, sliced

1/2 cup pine nuts, toasted

1 cup red grapes, halved

salt and fresh-ground black pepper to taste

2 cups arugula, or more if needed

3 cups romaine lettuce, chopped or torn

DRESSING:

5 tablespoons Greek yogurt, full-fat, may substitute sour cream or buttermilk

1/3 cup mayonnaise

2 tablespoons EVOO

1 tablespoon fresh lemon juice, or more if desired

1 tablespoon curry powder

2 teaspoons Dijon mustard

2 teaspoons white vinegar, or more lemon juice

2 teaspoons lemon zest

1/4 teaspoon sea salt

Yield: 6 servings

Per Serving (excluding unknown items): 411 Calories; 20g

Fat (43.5% calories from fat); 37g Protein; 23g

Carbohydrate; 6g Dietary Fiber; 107mg Cholesterol;

285mg Sodium; 13g Total Sugars; 0mcg Vitamin D;

103mg Calcium; 5mg Iron; 1183mg Potassium; 458mg

Phosphorus. Exchanges: 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Bring a pot of salted water to a boil. Cut off woody ends of asparagus. Cut asparagus on the diagonal into pieces and then cook in salted water for 3 minutes. Do not overcook - you want the asparagus to be tender-crisp.

2. Zest the lemon then cut lemon in half and squeeze the juice. Set aside.

3. In another saucepan, combine the orange juice and water. Season liquid with a sprinkling of salt and pepper. Bring to a simmer. Gently slide the chicken breasts into the water. Cover, bring the water back to a simmer, and remove from the heat. Set pan aside for about 45 minutes to 1 hour. The chicken will have poached/cooked during that time. Remove chicken, drain, allow to cool. Discard the cooking water. Cut chicken into small bite-sized pieces. You may also use any leftover chicken or rotisserie chicken for this salad.

4. Whisk together yogurt, mayo, lemon juice, curry powder, Dijon mustard, EVOO, vinegar (or more lemon juice) lemon zest and sea salt to make the curry dressing. Taste for seasoning.

5. Drain asparagus into a colander. Then lay out a paper towel on the counter and spread out the asparagus on the towel. Cover with another paper towel and gently blot away as much water as possible.

6. Slice green onions on the diagonal and toast the pine nuts.

7. Combine diced chicken, asparagus, green onions, grapes, arugula and Romaine with desired amount of dressing; you may not need all the dressing if you prefer your salads to be fairly dry. Gently stir in the green onion and grapes. Season the finished salad to taste with salt and fresh-ground black pepper, and serve, sprinkling the toasted pine nuts all over the top of the salad. If you have any extra dressing you might want to add a bit more right when you serve the salad. If you prefer, you can leave the asparagus whole, and serve the spears on top of the salad - with the toasted pine nuts - for a pretty appearance.