

QUICK CHICKEN & BROWN RICE SALAD

DRESSING INGREDIENTS

- 1/2 C Vegan greek yogurt (Pareve)
- 2 T Olive oil
- 1 t Lemon zest
- 2 T Lemon juice
- 1 T Vegenaïse
- 1 Shallot (small) (roughly chopped)
- 1 clove Garlic (roughly chopped)
- 1 1/2 T Kosher salt
- Black Pepper (to taste)



DRESSING DIRECTIONS

Puree all the dressing ingredients in a food processor until smooth
Set aside until salad ingredients are ready

SALAD INGREDIENTS

- 3 C Brown Rice (pre-cooked) (cooled)
- 1/2 C Walnuts (pieces)
- 3 C Chicken (rotisserie) (half the chicken) (skin removed) (shredded)
- 2 C Grapes (small) (red grapes) (seedless)
- 1/2 C Parsley leaves (flat-leaf) (loosely packed)
- 4 C Spinach (baby) (loosely packed)

SALAD DIRECTIONS

- 1 Microwave your cooked & cooled brown rice until warmed through & softened (2 - 3 minutes)
- 2 Toast walnuts in a small skillet over medium-heat until fragrant & just starting to brown (2 minutes)
- 3 Combine the chicken, grapes, parsley & spinach in a large bowl & toss with half the dressing
- 4 Add the warmed rice & toasted walnuts
- 5 Toss again & serve with the remaining dressing

NOTES

Serves 4



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