



Warm Winter Salad



Where service *and* savings matter.

SERVINGS: 4 servings
(1 serving = 2¼ cups)

INGREDIENTS:

- 2 Tbsp extra-virgin olive oil
- 2 pears, sliced
- ¼ red onion, minced
- 6 Tbsp red wine vinegar
- 4 tsp Dijon mustard
- 3 cups (12 oz) cooked, chicken breast* thinly sliced
- ¼ head red cabbage, thinly sliced
- 1 broccoli crown, cut into florets
- 2 large carrots, cut into matchsticks
- 2 Tbsp chopped walnuts, toasted
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 head red leaf lettuce, torn
- ½ cup feta cheese

- Dressing: (makes 1 cup)
- 2 Tbsp Dijon mustard
- 3 Tbsp red wine vinegar
- Freshly ground black pepper, to taste
- ¼ tsp salt
- 2 tsp honey
- 1 small shallot, minced
- ½ cup Food Club Extra Virgin Olive Oil

NUTRITIONALS

Nutritional analysis per serving: calories 400, calories from fat 210, total fat 23g, saturated fat 6g, trans fat 0g, cholesterol 65mg, sodium 730mg, total carbohydrate 25g, dietary fiber 7g, sugars 11g, protein 24g, vitamin A 280%, vitamin C 140%, calcium 20%, iron 15%

*Tip: Leftover turkey may be substituted for chicken.

DIRECTIONS:

1. Heat oil in Dutch oven over medium heat. Add pears and cook, stirring occasionally, until they start to brown, about 2 minutes. Transfer to a bowl with a slotted spoon.
2. Whisk red onion, vinegar and mustard in a small bowl; add to the pan and cook, stirring constantly, for 30 seconds. Add chicken, red cabbage, broccoli, carrots and walnuts.
3. Cook, stirring occasionally, until just wilted, about 3 minutes. Return the pears to the pan and season with salt and pepper.
4. Dressing: put all the ingredients in a small container with a tight lid and shake vigorously.
5. Toss torn lettuce leaves with 4 Tbsp dressing and divide among 4 plates. Top with warm salad ingredients and sprinkle with cheese. Save extra dressing for another use.

Source: Adapted from www.eatingwell.com

visit unitedtexas.com for more recipe ideas

★ Warm Winter Salad ★

Shopping List

PRODUCE:

- 2 pears
- ¼ red onion
- ¼ head red cabbage
- 1 broccoli crown
- 2 large carrots
- 1 head red leaf lettuce
- 1 small shallot

DAIRY:

- feta cheese

MEAT/POULTRY/SEAFOOD:

- 3 cups (12 oz) cooked, chicken breast

SPICES/SEASONINGS:

- salt
- ground black pepper

GROCERY/FROZEN/MISCELLANEOUS:

- Food Club Extra Virgin Olive Oil
- red wine vinegar
- Dijon mustard
- walnuts
- honey

FOLD