

## Salad

Poultry

### Asparagus, Apple and Chicken Salad

This cool, colorful salad is a palate-pleaser. Apples and asparagus seem an unlikely match, but they form a terrific trio with chicken.

1 cup cut fresh asparagus ( 1-inch pieces)

2 Tb. cider vinegar

2 Tb. vegetable oil

2 tsp. honey

2 tsp. minced fresh parsley

1/2 tsp. salt

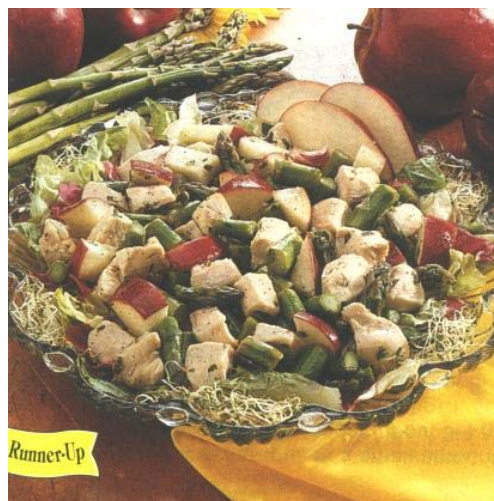
1/4 tsp. pepper

1 cup cubed cooked chicken

1/2 cup diced red apple

2 cups torn mixed greens

Alfalfa sprouts, optional



Cook asparagus in a small amount of water until crisp-tender, about 3 - 4 minutes; drain and cool.

In a bowl, combine the next six ingredients.

Stir in the chicken, apple and asparagus; toss.

Serve over greens.

Garnish with alfalfa sprouts, if desired.

Yield: 3 servings.

NOTE: Apples will not turn brown if you dip them in lemon juice, first.