

Chicken Summer Salad

Recipe by: Favio Gomez, Executive Chef, University House Issaquah
Approximately 1 serving

INGREDIENTS

For the salad

¼ cup pulled chicken

½ cup watermelon, diced

¼ cup arugula

1 oz. strawberries, blueberries, or raspberries (your choice of one or mixed)

.5 oz. (or handful) slivered almonds (about 1 Tbsp.)

.5 oz. (or handful) dried cranberries

3 cucumbers, sliced

For the dressing

¼ cup olive oil

1 oz. watermelon, diced

2 Tbsp. red wine vinegar

1 Tbsp. Dijon mustard

1 tsp. sugar

1 pinch each of chopped fresh basil, thyme, and oregano*

Salt and pepper to taste

**Dried herbs are also an option*

PREPARATION

Step 1

Dice the watermelon and slice the cucumbers. Pull apart the chicken meat if needed. In a large mixing bowl, combine all the salad ingredients.

Step 2

To prepare the dressing, slowly blend the red wine vinegar into the olive oil. Once added, blend in the remaining ingredients.