



## WARM WINTER SALAD

Stabilization (Week 3) & Maintenance

### Ingredients

8 ounces boneless, skinless chicken breast, trimmed of fat  
1 TBS extra-virgin olive oil  
1 pear, sliced  
1 small shallot, minced  
3 TBS sherry vinegar  
2 TSP Dijon mustard  
1 small head radicchio, thinly sliced  
1 small fennel bulb, cored and thinly sliced  
1 large carrot, cut into matchsticks  
1 TBS chopped walnuts, toasted\*\*  
1/8 TSP salt, or to taste  
1/8 TSP freshly ground pepper, or to taste  
6 large butter lettuce leaves  
1/4 cup crumbled Gorgonzola or goat cheese

### Instructions

1. Poach chicken\*. Use 2 forks to shred into bite-size pieces.
2. Heat oil in a large nonstick skillet over medium-high heat. Add pears and cook, stirring occasionally, until they start to brown, about 2 minutes. Transfer to a small bowl.
3. Whisk shallot, vinegar and mustard in a small bowl; add to the pan and cook, stirring constantly, for 30 seconds. Add the cooked chicken, radicchio, fennel, carrot and walnuts. Cook, stirring occasionally, until just wilted, about 3 minutes. Return the pears to the pan. Season with salt and pepper.
4. Divide lettuce leaves between 2 plates. Top with the warm chicken salad and sprinkle with cheese.

### Portion-Per-Serving Information (Yields 2 servings):

1 serving = apx. 2 cups = 1 P, 2 V, 1/2 FR, 1 M, 1 FT

\*Note: To poach chicken, place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

\*\*Note: To toast chopped walnuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.