



Witloof and Smoked Chicken Salad

Serves 4-6 as a side salad or 3 as a great healthy lunch or light dinner

Skill Level: Easy

Prep time: 20 mins

Ingredients:

- 2 Witloof
- 1 Apple, diced
- 3 Celery stalks, sliced
- ¼ cup Sun-dried Tomatoes, chopped
- 1½ cups Smoked Chicken, shredded
- ½ cup Walnuts, chopped
- 2 tablespoons Parsley, finely chopped
- 2 tablespoons Olive oil
- 2 tablespoons Apple cider vinegar
- Salt & Pepper

Directions

Step 1

Separate the witloof leaves and roughly tear into a bowl discard the core, add the apple, celery, tomatoes, chicken, walnuts, and parsley. Season with salt and pepper according to your taste.

Step 2

Wisk together olive oil and apple cider vinegar, drizzle this over the salad and gently toss to combine.