

Plum Roasted Chicken Salad from *Urban Sacred Garden*



This simple chicken salad has just enough sweetness to offset the saltiness and texture of the succulent roasted chicken. Celery, Cranberries and Toasted Walnuts give it the appropriate amount of crunch, chewiness and texture. This is an easy dish to make in advance and snack on for many days over a long holiday weekend. The simplicity of the flavors and ingredients in this basic chicken salad will speak for themselves.

INGREDIENTS:

PLUM ROASTED CHICKEN:

3 lbs Boneless, Skinless Chicken- 2 lbs breasts, 1 lb thighs*
1 Jar Whole Plums in Syrup (I used Bella Cucina's Plums) or 6 Fresh Plums
1/2 Cup Local Honey
1/2 stick (4 tbsp) Butter
1/3 cup Olive Oil (I used Lavender and Herb infused Olive Oil)

Fresh Ground Sea Salt

Fresh Ground Pepper

* You can also use a Rotisserie Chicken and skip the chicken cooking process all together, or use the Lemon Butter Rosemary Chicken from the site noted in the footer.

FOR THE CHICKEN SALAD:

1 Cup Dried Cranberries

1 1/2 Cup Roasted Walnuts, chopped (place walnuts on a baking sheet at 350 degrees for 5-10 minutes until browned)

4 Sticks Celery, finely diced

Fresh Juice from 1 Lemon

1/4 Cup Local Honey

1 Cup Mayonnaise

4 Tbsp Dijon Mustard

Fresh Ground Sea Salt

Fresh Ground Pepper

DIRECTIONS:

TO ROAST CHICKEN:

1. Preheat oven to 375 degrees.
2. Coat large roasting pan with a thin layer of olive oil, place chicken pieces in a single layer pan.
3. Place plums around chicken (if you use fresh plums cut them in 1/2). If you've used plums in syrup pour about 1/2 of the syrup over chicken.
4. Drizzle chicken with remaining Olive Oil and Honey. Add pieces of chopped butter.
5. Add freshly ground pepper and sea salt to taste.
6. Roast in preheated oven for about 45 minutes or until chicken is cooked through and juices run clear, 25 minutes into roasting pull chicken out of oven and spoon juices over chicken. Put back into oven for the remainder of time.

FOR CHICKEN SALAD:

7. Let chicken cool completely then chop into bite sized pieces and place in a large bowl.
8. Add Cranberries, Walnuts and Celery to chicken.
9. In a small bowl mix Lemon Juice and Honey until honey thins. Add Mayonnaise, Mustard, Salt and Pepper. Mix until well blended.
10. Pour creamy mixture over chicken mix. Toss until chicken is thoroughly coated. Chill until served over seeded crackers or small rolls. Enjoy!