

Crunchy Pear, Chicken & Celery Salad

(2-4 servings)

Ingredients

- 4 Celery Stalks (trimmed & cut in half crosswise)
- 2 Tbsp Apple Cider Vinegar
- 2 Tbsp Raw Local Honey
- ¼ tsp Himalayan Salt
- 2 Ripe Pears (Red Bartlett or Anjou, diced)
- 1 C Cooked Chicken (chopped)
- ½ C Pecans (chopped)
- Freshly Ground Pepper (to taste)
- 6 large Romaine Lettuce Leaves

Directions

- Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into ½-inch pieces.
- Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, chicken and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.