

# Apple Cider Chicken Salad



Enjoying a cup of warm apple cider in the autumn is a pleasant way to usher in the fall season. Please save some cider for this fall-inspired veggie, apple & chicken salad. It's so easy.

Apple cider is healthier than apple juice because it has much of the fiber that was removed to produce plain apple juice. Cider is loaded with flavonoids, the antioxidants found in apples. Antioxidants help cells fight against free radical damage. We can ALL use more antioxidants. Taste the season with this quick crunchy meal. This recipe makes 2 large salads.

## Ingredients

- 1 chicken breast cut into bite size pieces
- 2 cups cider
- 2 tablespoons apple cider vinegar
- ½ cup brown rice (uncooked)
- 1 tablespoon dry chia
- 1 clove garlic minced
- ½ tablespoon fresh grated ginger root
- 1 medium apple (gala shown here)
- ½ a peeled sweet potato cut into large stick pieces
- handful of broccoli florets
- large handfuls of dark leafy greens

Begin by preparing the rice as this process takes the longest. Instead of preparing the rice in water add 1 and 1/4 cup of cider to the ½ cup of dry rice. Sprinkle in the dry chia. Cook according to package directions.

In a small and lidded skillet, pour ½ cup of cider, minced garlic, grated fresh ginger and place the chicken pieces. Bring to a low boil and cover. Lower the heat and simmer for about 5 minutes or until no longer pink inside. Remove from heat and set aside.

Cut up the apple, sweet potato, broccoli and prepare your leafy greens. Once the rice is cooked, return to skillet with your chicken and add some or all of the remaining cider. (It depends on how much cider evaporated during the cooking process.) Place in the skillet the apple and veggies and stir to coat.

Plate by placing a bed of greens, add the rice, and divide the skillet contents on top. What a fresh way to welcome in the fall season.