

CopyCat Wendy's Apple Pecan Salad with Chicken

Ingredients

Chicken:

2 teaspoons vegetable oil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/4 teaspoon parsley flakes
15 ounces chicken breast

Salad:

16 ounces romaine lettuce
6 ounces spinach
4 tablespoons dried cranberries (or you can use Craisins)
1 red apple chopped
1 green apple chopped
2 tablespoons chopped pecans
1/2 cup crumbled blue cheese
salad dressing of your choice

Directions

Chicken:

Heat a cast-iron skillet over medium heat. Add the oil to the pan and let it get hot.

While the pan is heating, combine the salt, pepper, garlic powder, and parsley flakes in a small bowl.

Use a paper towel to blot away excess moisture from the chicken breast.

Sprinkle the spice mixture on both sides of the chicken.

Place the chicken into the hot skillet, and cook for 4 to 6

minutes on each side. You can use a meat thermometer to make sure the chicken has fully cooked to an internal temperature of 165°F.

Remove the chicken from the skillet and allow the meat to rest while you make the rest of the salad.

Salad:

Wash and dry the lettuce and spinach, and divide the greens between two bowls.

To each bowl add 2 tablespoons of dried cranberries, 1/2 of the red apple, 1/2 of the green apple, 1 tablespoon chopped pecans, and 1/4 cup chopped blue cheese.

Cut the chicken into bite-sized pieces.

Divide the meat evenly between the two bowls.

Top the salad with the dressing of your choice.