

## Blue Cheese Chicken Salad with Apple and Walnuts

Yield: 2 servings

1 tablespoon extra virgin olive oil  
5 ounce chicken breast, boneless and skinless  
½ ounce celery, brunoise  
1 ½ ounce Fuji apple, small dice  
1 tablespoon mayonnaise  
2 teaspoons plain Greek yogurt  
2 teaspoons blue cheese, crumbled  
½ ounce walnuts, rough chopped  
½ teaspoon honey  
½ teaspoon Coleman's dry mustard  
Dash of celery salt  
Sea salt to taste  
Ground white pepper to taste  
2 mini focaccia rolls, split  
1 ounce arugula

### Procedure:

- 1). Heat a small sauté pan over medium high heat for 10-15 seconds, add the olive oil and sear the chicken breast on each side until golden brown.
- 2). Bake the seared chicken breast on a sprayed baking sheet in a 250 degree oven for about 35 minutes or until the chicken breast reaches an internal temperature of 165 degrees.
- 3). Transfer the chicken breast onto a dinner plate and place in refrigerator until completely cooled throughout.
- 4). While the chicken is cooling, fold together the celery, apple, mayonnaise, yogurt, blue cheese, and walnuts in a mixing bowl.
- 5). When the chicken is thoroughly cooled, small dice and fold into the blue cheese mixture.
- 6). To the chicken salad add the honey, dry mustard, and celery salt. Season to taste with sea salt and ground white pepper.
- 7). Divide the chicken salad in half and place each half on the bottom of each mini focaccia roll.
- 8). Place ½ ounce of arugula on each sandwich and top with the top half of each mini focaccia roll.