

Chicken and Grape Salad

1 cup mayonnaise
4 tsp apple cider vinegar
5 tsp honey
2 tsp poppy seeds
Salt and freshly ground pepper, to taste
Salad lettuce
2 lb boneless, skinless chicken breasts
 $\frac{3}{4}$ cup pecan pieces, toasted
2 cups red seedless grapes
3 stalks celery, thinly sliced

For the dressing, in a bowl, combine mayonnaise, vinegar, honey, poppy seeds, salt and pepper. Refrigerate until ready to dress the lettuce. This can be prepared up to two days ahead. Preheat oven to 375 degrees. Place the chicken breasts in one layer in a baking dish with $\frac{1}{2}$ cup of water. Cover with foil and bake 25 minutes or until completely cooked through. Remove cooked chicken breasts from pan, cool at room temperature for 10 minutes, then cover and refrigerate. When the chicken is cold, dice into bite-size chunks and transfer to a large bowl. Add lettuce, pecans, grapes, and celery. Pour on dressing and toss salad until all pieces are coated. Serve immediately.