

## ***Chicken and Nectarine Salad***

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: none

Serves: 4

***CChints:*** We prefer a Haas avocado for this recipe. Select one that has a nearly black outer skin. The flesh should give a little when you gently squeeze it. If it does not wait a day or 2 before you make the salad to be sure it is ripe. Or, if you put it in a brown paper bag to speed up the ripening process. See below for instructions on how to cut an avocado.



5 ounce bag your favorite salad greens  
2 cups rotisserie chicken, chopped into bite size pieces  
2 nectarines, peeled and sliced  
1 avocado, sliced  
1/8 cup thinly sliced red onion  
Salt and pepper to taste  
4 tablespoons extra-virgin olive oil  
1-1/2 tablespoons balsamic vinegar  
1 teaspoon minced garlic, fresh or from a jar  
Pinch of sugar

After your chop the chicken, wash the utensils, work surface and anything that touched the chicken, including your hands.

Peel the nectarines. There is a seed in the middle to throw away. Slice into pieces.

You will want to prepare the avocado right before you serve the salad because the flesh will turn brown when it is exposed to the air for a long period of time. To cut the avocado, take a sharp knife a slice it into the flesh, you will hit a seed in the center. Continue to slice it in half by spinning around the center seed. When it opens up the seed will remain in one half of the fruit. Take your knife and barely tap the seed so the blade sticks. Twist gently and the seed will come out. Take a large metal spoon and slide it between the skin and the flesh. It should come out in one piece that can then be sliced for your salad.

Divide all the ingredients evenly on 4 salad plates or one large service place. Layer the salad with the lettuce on the bottom, then the chicken, avocado, nectarines and sprinkle the top with the red onions.

To make the balsamic vinaigrette, whisk together in a small bowl the oil, vinegar, garlic and sugar. Drizzle over the salad and salt and pepper to taste and serve.

Very light, refreshing and Caroleicious!