

# Chicken Salad with Dried Cherries and Pistachios

Yields 4 servings

## Ingredients:

- 1 pound boneless, skinless chicken breasts
- Kosher salt and freshly ground black pepper, to taste
- 1 tablespoon olive oil
- 1/4 cup mayonnaise
- 1/4 cup plain yogurt
- 2 teaspoons Dijon mustard
- 1/2 cup green onions, sliced
- 1/2 cup diced Granny Smith apple
- 1/4 cup pistachios, shelled and roughly chopped
- 1/3 cup dried cherries
- 2 teaspoons poppy seeds
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## Directions:

1. Season the chicken breasts with salt and pepper, to taste.
2. Heat the oil in a large skillet over medium high heat. Add the chicken and cook until golden brown, about 7-8 minutes per side.
3. Transfer to a plate and let cool; cut into bite-sized pieces.
4. In a large bowl, combine the chicken, mayonnaise, yogurt, dijon, green onions, apple, pistachios, dried cherries, poppy seeds, salt and pepper.
5. Cover and chill in the refrigerator for at least one hour before serving.

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