

# Chicken Wedge Salad

*with Crisp Apple, Walnuts and  
Lemon-Blue Cheese Dressing*

Wedge salad is a classic American dish that was created in the 1920s, and was nearly ubiquitous on restaurant menus by the 1950s. Although its popularity dwindled by the 1970s, many modern restaurants are reinventing this classic salad. The mid-century recipes consisted of a wedge of iceberg lettuce, herbs, and a creamy dressing, whereas today, there are limitless options.



## Ingredients

- 2 Slices Bacon
- 1 Bunch Chives
- 1 Bunch Tarragon
- 1 Clove Garlic
- 1 Head Iceberg Lettuce
- 1 Fuji Apple
- 1 Lemon
- 1 Ounce Walnuts
- 2 Chicken Breasts
- 2 Ounces Blue Cheese
- ¼ Cup Mayonnaise

Makes 2 Servings  
About 675 Calories Per Serving

# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Mince the chives. Pick the tarragon leaves off the stems and roughly chop. Peel and chop the garlic, smashing until it resembles a paste. Remove the outer layer of the iceberg lettuce, then cut the head into quarters and remove the core with a small knife. Cut the lemon into quarters and remove the seeds. Dice the apple, then top with the juice from 1 lemon wedge to prevent browning. Chop the bacon. Roughly chop the walnuts.



## Toast the walnuts:

Add the **walnuts** to a dry pan. Heat the pan on high for 1 to 2 minutes, or until the walnuts become fragrant, stirring occasionally. Transfer the toasted walnuts to a small bowl. Wipe out the pan.



## Cook the bacon:

In the same pan, cook the **chopped bacon** for 3 to 5 minutes, or until crispy. Transfer to a paper towel-lined plate, leaving any drippings in the pan.



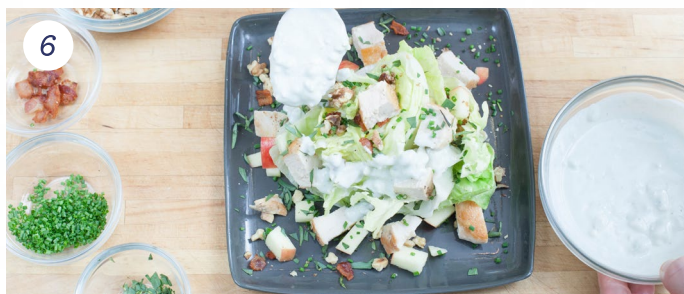
## Cook the chicken:

Season the **chicken** with salt and pepper on both sides. Heat the pan with the reserved bacon fat on medium until hot. Add the seasoned chicken and cook 4 to 6 minutes per side, or until golden brown and cooked through. (Loosely cover the pan with aluminum foil to help the chicken cook faster.) Transfer to a plate to cool.



## Make the lemon-blue cheese dressing:

While the chicken is cooking, make the dressing. In a small bowl, combine the **mayonnaise, blue cheese, garlic paste** and the **juice from the remaining lemon wedges** and season with salt and pepper to taste. Add **1 tablespoon of water** to create a loose dressing.



## Chop the chicken & plate your dish:

When the **cooked chicken** is cool enough to handle, chop into bite-sized pieces. To plate your dish, place **1 to 2 iceberg wedges** on each plate and season with salt and pepper and olive oil. Top the lettuce with the **chopped chicken, bacon, chives, tarragon, apples** and **toasted walnuts**, then drizzle some of the **lemon-blue cheese dressing** over the salad. Enjoy!