**Pecan Crusted Chicken and Apple Salad**

**Ingredients**

**Chicken**
2 large organic chicken breasts, pounded
1 ½ cups pecans, finely ground
¼ teaspoon of sea salt
¼ teaspoon freshly ground black pepper
¼ cup arrowroot powder
¼ cup water
Olive oil for cooking

**Salad**
1 head red leaf lettuce, rinsed and spun dry
1 tart apple, cored and thinly sliced
½ small red onion, thinly sliced
½ cup dried cranberries or dried tart cherries

**Dressing**
¼ cup extra virgin olive oil
3 tablespoons balsamic vinegar
1 tablespoon maple syrup
1 teaspoon Dijon mustard
¼ teaspoon sea salt

**Directions**

1. Preheat oven to 400 degrees F. Rinse the chicken breasts, pound and set aside. Place the pecans, salt, and pepper in a food processor and process until finely ground, stopping before they turn into nut butter. Pour into a shallow, wide bowl. In another shallow bowl, whisk together the arrowroot powder and water. Dip each chicken breast into the arrowroot mixture so it is well coated. Then dip each breast into the ground pecans, coating completely. Set chicken breasts onto a plate.

2. Heat a large, heavy-bottom skillet over medium heat. Once it has heated for a few minutes, add about 3 tablespoons of olive oil. Then add the chicken breasts. Cook for 2 minutes on each side, any longer and the pecan will begin to burn. Transfer chicken to an 8 x 8-inch baking dish and cook for 15 to 20 minutes or until done. Cool for at least 5 minutes before slicing.

3. Add all salad ingredients to a large bowl. To make the dressing, add all ingredients to a small jar; cover and shake. Slice the chicken breasts into strips and place over the salad. Drizzle with the dressing and serve immediately.

Yield: 4 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre