



## GRILLED GREEN CHICKEN SALAD



Just to be clear, it is the healthy dressing that turns this chicken salad green. No need to worry...

Serves 2 people as a main course or makes 4 sandwiches

4	Chicken Thighs, skinless and boneless	Pat dry and cut off any extra fat. If you can't find skinless and boneless thighs, just remove the skin. The bones can easily be removed after grilling.
1 tbsp	Oil, canola	Pour into a small bowl.
4 tsp	Till's Rub	We suggest "Sassy" but you can use any of the three.... Add to the oil, mix and then rub the chicken all over. Grill over medium heat until internal temperature reads 165°F. Set aside to cool.
½ cup	Celery, stalks Get ones with a lot of leaves . . .	Remove all the leaves from the stalks and set aside. Cut stalks lengthwise into quarters and then chop into ¼" pieces. Place into a bowl.
¼ cup	Green Onion	Cut off the green parts and set aside. Chop white parts finely and add to the bowl.
½ cup	Green Grapes, seedless	Cut grapes into quarters and add to the bowl.
	Grilled Chicken	Cut the chicken into ¼" cubes and add to the bowl.

For the dressing:

1	Avocado	Peeled and pit removed. Place into a blender or mini food processor.
½ cup	Basil Leaves, fresh	Add to the blender.

½ cup	Celery Leaves	Add to the blender.
½ cup	Parsley	Add to the blender.
2 tsp	Mustard	Use your favorite, we recommend Dijon. Add to the blender.
½ cup	Apple Cider Vinegar	Add to the blender.
½ cup	Olive Oil, extra virgin	Add to the blender.
½ tsp	Salt, kosher	Add to blender.
½ tsp	Pepper, freshly ground	Add to blender and let it rip. Adjust S&P to taste.

Pour into bowl and mix gently. Let sit for 30 minutes to allow the flavors to get to know each other. If you make the salad ahead of time place it in the fridge. Remove 15 minutes before serving.

Serve as a main course or slap it on a crusty roll and enjoy a fantastic sandwich.