

## Recipe – Warm Chicken and Asparagus Salad

### Ingredients:

- 1 4-pound chicken
- olive oil
- a little salt
- 2 bunches asparagus
- 1 red pepper, chopped
- 3 stalks of celery, sliced thin
- 4 scallions, chopped

### Dressing Ingredients:

- ½ cup olive oil
- ¼ cup organic mayonnaise
- juice of 1 lime
- ¼ cup golden balsamic or other light vinegar
- 4 drops stevia
- 1 tsp curry powder
- salt and pepper to taste

### Directions:

Place the chicken breast side up in a roasting pan. Brush the chicken with a little olive oil and salt.

Roast 20 minutes to the pound at 350 or until meat thermometer indicates it's done for poultry. If you want crispy skin, roast it at 400 for a little less time.

Alternatively, you can purchase a rotisserie chicken prepared at the store.

Remove the chicken from the bone and "pull" it by hand, making it into shreds (this will improve the flavor over chopping it.)

Meanwhile, boil a pot of water and blanch the asparagus by submerging a few at a time so they don't cool the water. Leave them in 90 seconds and pull them out and drain them. They should be crisp and bright green.

Chop the asparagus into one-inch lengths and combine with celery, pepper and scallions. Add to pulled chicken. If you like the rendered fat, toss in 1 TBS of it.

Whisk the dressing ingredients and combine all.

Some of us like the skin, others avoid it. We chopped it and served it in a separate bowl for those who love crispy skin.

We served this with a chopped vegetable salad.

Serves 8.