

Summer-Thyme Salad

from TheFlourishingAbode.com

1 medium head of cabbage
1 apple
1 cup grapes
(or) 1/2 cup dried cranberries
1 boneless skinless chicken breast
4 Tablespoons butter
1 1/2 teaspoons thyme
1/4 teaspoon garlic
Salt and pepper to taste
1/4 teaspoon paprika
Dash of sage

Dressing:

1 cup of mayonnaise
6-7 Tablespoons lime juice
1-2 teaspoons of sugar
1/4 teaspoon poppyseeds



1. In a small bowl, whisk together mayonnaise, lime juice, sugar and poppyseeds. Set aside.
2. Shred cabbage and put into a large bowl. Dice apple, and slice grapes into halves. Add fruit to cabbage.
3. Pour dressing over fruit and cabbage, mix to coat. Cover and place in refrigerator. (Best if chilled at least 30 minutes.)
4. Heat a skillet over medium heat. Dice chicken into small pieces. Melt butter in skillet. Add chicken and spices to the butter, toss chicken to coat. Cook chicken thoroughly, and mix the chicken and herbed butter into the salad.
5. Serve salad in pitas or in wraps.

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