

30-MINUTE SUPPER



**WHOLE-GRAIN MUSTARD CHICKEN SALAD**

## WHOLE-GRAIN MUSTARD CHICKEN SALAD Serves 4

**✓ WHY THIS RECIPE WORKS:** Fresh lemon juice brightens this light and summery version of chicken salad, while sugar snap peas and red grapes add a juicy crunch.

**8 ounces sugar snap peas, strings removed**

**Salt and pepper**

**½ cup whole-grain mustard**

**3 tablespoons lemon juice**

**2 tablespoons extra-virgin olive oil**

**1 (2½-pound) rotisserie chicken, skin and bones discarded,  
meat shredded into bite-size pieces (3 cups)**

**1 cup red grapes, halved**

**3 tablespoons minced fresh chives**

**4 whole red leaf lettuce leaves**

1. Bring 6 cups water to boil in large saucepan. Add snap peas and 1 teaspoon salt and cook until slightly tender, about 2 minutes. Fill large bowl halfway with ice and water. Drain snap peas, then transfer to ice bath to cool completely. Drain again, transfer to salad spinner, and spin to remove excess moisture.

2. Whisk mustard, lemon juice, oil, ½ teaspoon pepper, and ¼ teaspoon salt together in large bowl. Stir in chicken, grapes, chives, and snap peas until combined. Season with salt and pepper to taste.

3. Place 1 lettuce leaf on each of 4 plates. Place 1 cup chicken salad on each lettuce leaf. Serve.

**TEST KITCHEN NOTE:** You can substitute more delicate Bibb lettuce leaves if you prefer.