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| <b>WARM WINTER SALAD</b> | <b>Stabilization (Week 3) &amp; Maintenance</b> |
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**Ingredients**

- 8 ounces boneless, skinless chicken breast, trimmed of fat
- 1 TBS extra-virgin olive oil
- 1 pear, sliced
- 1 small shallot, minced
- 3 TBS sherry vinegar
- 2 TSP Dijon mustard
- 1 small head radicchio, thinly sliced
- 1 small fennel bulb, cored and thinly sliced
- 1 large carrot, cut into matchsticks
- 1 TBS chopped walnuts, toasted\*\*
- 1/8 TSP salt, or to taste
- 1/8 TSP freshly ground pepper, or to taste
- 6 large butter lettuce leaves
- 1/4 cup crumbled Gorgonzola or goat cheese

**Instructions**

1. Poach chicken\*. Use 2 forks to shred into bite-size pieces.
2. Heat oil in a large nonstick skillet over medium-high heat. Add pears and cook, stirring occasionally, until they start to brown, about 2 minutes. Transfer to a small bowl.
3. Whisk shallot, vinegar and mustard in a small bowl; add to the pan and cook, stirring constantly, for 30 seconds. Add the cooked chicken, radicchio, fennel, carrot and walnuts. Cook, stirring occasionally, until just wilted, about 3 minutes. Return the pears to the pan. Season with salt and pepper.
4. Divide lettuce leaves between 2 plates. Top with the warm chicken salad and sprinkle with cheese.

**Portion-Per-Serving Information** (Yields 2 servings):

1 serving = apx. 2 cups = 1 P, 2 V, 1/2 FR, 1 M, 1 FT

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\*Note: To poach chicken, place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

\*\*Note: To toast chopped walnuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.