

# Rae's Barbecue Chicken Salad

## Ingredients

1 large Granny Smith apple, coarsely chopped

2 plum tomatoes, coarsely chopped

½ head iceberg lettuce, shredded

12 oz frozen breaded chicken tenderloins

¼ cup + 2 tablespoons barbeque sauce

2 tablespoons light ranch dressing

½ cup canned whole kernel corn, drained

1 cup shredded cheddar jack cheese

1/3 cup French-fried onions (optional)

Prepare chicken following package instructions for microwave. Let stand 1-2 minutes to cool: cut into bite-sized pieces. For crispier chicken, follow oven-baked instructions.

Place chicken and ¼ cup barbecue sauce in large bowl: toss until evenly coated. Remove chicken from bowl and set aside.

Place in same bowl, remaining 2 tablespoons barbecue sauce and ranch dressing: stir until well blended. Add lettuce and toss until evenly coated.

Transfer lettuce to serving platter. Arrange ingredients in rows on top of lettuce in this order: cheese, apples, chicken, tomatoes, corn, and French-fried onions if using. Serve.

Doubled recipe for class 😊

# Belinda's Cranberry Waldorf Salad

## Ingredients

¾ cup Greek yogurt

1 tablespoon honey

1/8 teaspoon pepper

2 medium golden apples, coarse chopped

2 medium red apples, coarse chopped

Juice of ½ lemon

1 ¾ cup diced celery

4 oz dried cranberries

Red or green seedless grapes , sliced in half (optional)

Whisk together in salad bowl, yogurt, honey, and pepper.

Cut apples into small bite-size pieces: add to dressing.

Squeeze juice of ½ lemon over apples: stir until evenly coated.

Stir in celery and cranberries. Chill until ready to serve.

Doubled recipe for class 😊