

Chicken Salad & Lettuce Cups

by Chef Ronnie Alford

Pesto

Makes approximately 1 cup

Ingredients:

1 ½	garlic cloves
¼ cup	raw, unsalted almonds
3 tablespoons	grated Parmigiano-Reggiano cheese
½ teaspoon	sea salt or kosher salt
¼ teaspoon	freshly ground black pepper
1 cup	loosely packed fresh basil leaves
½ cup	loosely packed fresh parsley leaves or fresh spinach leaves
1/3 cup	olive oil

Prepare:

1. Measure and assemble all of your ingredients to create a *mise en place*
2. Set up food processor.
3. With the processor running, add the garlic cloves.
4. Stop the motor and add the nuts, cheese, salt, pepper, basil, and parsley.
5. Process until finely chopped.
6. With the motor running add the oil very slowly.
7. Blend until mixed well, but not smooth.

Extra ingredients to make each lunch:

¼ cup	plain yogurt
1	cooked chicken breast, chopped
3	Butter lettuce leaves
¼	celery rib, finely chopped
¼	apple, finely chopped
4	raw almonds, chopped

Lunch Assembly and Packing:

1. Combine 1 ½ tablespoons of pesto, ¼ cup plain yogurt and chopped chicken breast, mix well. Using a plastic container with a tight fitting lid, line with butter lettuce leaves to make a bed
2. Scoop the chicken salad into the lettuce "cups".
3. Top with finely chopped celery, almonds, and apples and seal.