



Southern-Fried Chicken Salad

This is one of those dinners that feels a little more put together but is still easy enough for a busy weeknight  Crushed cereal gives the chicken that crispy, satisfying crunch — without the extra heaviness — and paired with a fresh, simple salad, it's a meal that actually works in real life.

Ingredients

- 4 boneless, skinless chicken breasts
- 1/2 tsp *each* salt and coarsely ground black pepper, divided
- 4 cups corn flake cereal
- 1/2 cup plain Greek yogurt
- 1/4 cup honey
- 1/4 cup Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp canola oil
- 4 medium stalks celery
- 2 medium carrots, peeled
- 2 medium red apples such as Fuji
- 3 green onions with tops
- 6 cups chopped romaine lettuce
- 1/4 cup toasted pecan halves, coarsely chopped (optional)

Directions

1. Flatten chicken to 1/2-in. (1-cm) thickness using flat side of **Meat Tenderizer**. Season chicken with 1/4 tsp (1 mL) *each* of the salt and black pepper. Place half of the cereal into [Manual Food Processor](#); cover and pump handle until finely chopped. Place cereal crumbs into first **Coating Tray**. Repeat with remaining cereal.
2. For dressing, combine yogurt, honey, mustard, vinegar and remaining 1/4 tsp (1 mL) *each* salt and black pepper in [Small Batter Bowl](#); whisk well. Pour 1/4 cup (50 mL) of the dressing into second Coating Tray; set aside remaining dressing. Dip chicken into dressing in Coating Tray; dredge in crumbs, pressing firmly to coat. (Discard any remaining dressing in Coating Tray.)
3. Heat oil in [\(12-in./30-cm\) Skillet](#) over medium heat 1–3 minutes or until shimmering. Cook chicken 4–6 minutes per side or until centers are no longer pink. Cut chicken into strips on clean [Cutting Board](#).
Air Fryer Option (my go-to ):
Preheat air fryer to 375°F. Lightly spray coated chicken with oil and cook for 10–12 minutes, flipping halfway through, until golden and cooked through.
4. Meanwhile, slice celery using [Chef's Knife](#). Cut carrots into julienne strips using **Julienne Peeler** or the [rapid prep mandoline](#). Cut strips into 1-in. (2.5-cm) pieces. Dice apples into 1/2-in. (1-cm) pieces. Thinly slice green onions. Combine celery, carrots, apples, green onions, lettuce and 2/3 cup (150 mL) of the remaining dressing in large [Mixing Bowl](#); toss gently. Transfer salad to serving platter; top with chicken, remaining dressing and pecans, if desired.

♥ **Skip the extra steps when you need to**

Short on time? Use frozen chicken tenders or pre-cooked chicken instead of breading from scratch. It still works and still tastes great.

♥ **Use the air fryer to make it even easier**

Skip the skillet and use the air fryer instead — less mess and less hands-on time

While the chicken cooks, you can prep the rest of your ingredients (chop veggies, mix the dressing, etc.), so everything is ready at the same time. 🙌

♥ **Crush the cereal the easy way**

Use a food chopper to quickly crush your cornflakes — it's faster, more even, and keeps the mess contained.

♥ **Prep once, use twice**

Make extra chicken while you're at it and use it for wraps or salads later in the week. One step now = easier dinners later 🙌

♥ **Don't overthink the veggies**

No time to chop everything? Grab a bagged salad mix or pre-cut veggies and call it done. Dinner still counts ♥

♥ **Make it work for your family**

Skip the nuts if needed or swap for something you already have — sunflower seeds or even croutons work great for crunch.

♥ **Shortcut the dressing**

You can absolutely use a store-bought honey mustard if that's what makes this doable on a busy night.

♥ **This is a “build your own” kind of dinner**

Serve everything separate and let everyone build their own bowl — less complaints, easier dinner 😊

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