

## Cranberry Pecan Chicken Salad with Poppy Seed Dressing - A Fresh, Flavor-Packed Meal

Cranberry Pecan Chicken Salad with Poppy Seed Dressing: Sweet, Crunchy, and Creamy



**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

2 cups cooked chicken, shredded

$\frac{1}{2}$  cup dried cranberries

$\frac{1}{2}$  cup chopped pecans

2 cups mixed greens

$\frac{1}{4}$  cup mayonnaise

2 tbsp poppy seeds

2 tbsp apple cider vinegar

Salt and pepper, to taste

Ingredient Tips & Variations:

Chicken: Rotisserie chicken works great. Grilled, roasted, or even canned chicken can be used.

Cranberries: Try dried cherries or chopped dates for a twist.

Pecans: Toast them first for deeper flavor, or swap in walnuts or almonds.

Greens: Arugula adds peppery zip, while baby spinach is mild and smooth.

Make It Lighter: Sub Greek yogurt for some or all of the mayo.

### DIRECTIONS

1. Prepare the Salad: In a large bowl, combine the shredded chicken, dried cranberries, chopped pecans, and mixed greens.
2. Make the Dressing: In a separate small bowl, whisk together the mayonnaise, poppy seeds, apple cider vinegar, salt, and pepper.
3. Combine & Toss: Pour the dressing over the salad and toss everything together until well coated.
4. Serve: Serve immediately or chill for 15-20 minutes to let flavors meld. Enjoy as a light entrée, stuffed in pita, or scooped into lettuce wraps.

### SWAPS & NOTES

-crunchy pecans, juicy cranberries, tender chicken, and a creamy dressing with the right tang and zip from apple cider vinegar and poppy seeds.

It's the kind of salad that doesn't feel like a compromise.

Why I Love This Recipe It's perfect for busy days or lazy lunches, but it tastes like something you'd get from a fancy café.

You get layers of texture and flavor without cooking anything new if you have leftover chicken.

## TIPS FOR SUCCESS

**Make Ahead:** Store the dressing and salad components separately and toss just before serving.

**Double the Dressing:** It keeps well in the fridge and works with coleslaw or roasted veggies too.

**Add Color:** Sliced apples or grapes make this salad even more refreshing.

**Extra Crunch:** Toss in sunflower seeds or granola for added texture.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cranberry-pecan-chicken-salad-with-poppy-seed-dressing-a-fresh-flavor-packed-meal/>