

Lemon Lavender Chicken & Orzo Salad



Ingredients

SALAD

3 cups cooked chicken, chopped
1 cup dry orzo, cooked and cooled
1 sweet red apple, diced small
2 Tbsp red onion, very finely diced

DRESSING

½ cup mayonnaise
¼ cup sour cream
2 Tbsp fresh lemon juice
1½ tsp lemon zest
2 tsp wildflower honey
¼ tsp finely crushed culinary lavender
¼ tsp salt, then adjust to taste
Fresh black pepper, to taste

Directions

1. Cook the orzo just until tender. Drain and cool completely.
2. Whisk together the mayonnaise, sour cream, lemon juice, lemon zest, honey, lavender, salt and black pepper.
3. Don't rush the dressing. Let it rest for 15–20 minutes so the lemon, honey and lavender flavors have time to develop. Taste before adjusting.
4. Combine the chicken, cooled orzo, apple and red onion. Add the dressing and fold gently.
5. For a creamier salad, add the chicken and orzo mixture gradually and stop when the consistency is just right for you. Chill before serving if desired.

Lavender tip: Start with ⅛ tsp, let it rest, then add another smidge if needed. ¼ tsp is my sweet spot. ♥