

Chicken And Artichoke Salad

A colourful, tangy salad that's perfect for company.

BALSAMIC MARINADE

Olive (or cooking) oil	1/3 cup	75 mL
Balsamic vinegar	1/4 cup	60 mL
Liquid honey	2 tbsp.	30 mL
Chopped fresh basil (or 3/4 tsp., 4 mL, dried)	1 tbsp.	15 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Lemon pepper	1 tsp.	5 mL
Boneless, skinless chicken breast halves	3/4 lb.	340 g
Large red onion, cut into 8 wedges	1	1
Bag of fresh spinach (about 3 1/2 cups, 875 mL, stems removed, lightly packed)	6 oz.	170 g
Can of artichoke hearts, drained and coarsely chopped	14 oz.	398 mL
Halved cherry tomatoes	1 cup	250 mL
Chopped walnuts, toasted (see Note)	1 cup	250 mL
Crumbled feta cheese (about 4 oz., 113 g)	3/4 cup	175 mL

Balsamic Marinade: Combine first 6 ingredients in jar with tight-fitting lid. Shake well. Makes about 3/4 cup (175 mL) marinade.

Place chicken in large resealable freezer bag. Pour 1/2 of marinade over top. Seal bag. Turn until coated. Marinate in refrigerator for 3 hours. Drain and discard marinade. Preheat barbecue to medium. Cook chicken on greased grill for about 5 minutes per side until no longer pink inside. Chop coarsely. Transfer to large bowl.

Cook onion on greased grill for about 10 minutes, turning once, until softened and grill marks appear. Add to chicken.

Add remaining 5 ingredients. Toss. Drizzle with remaining marinade. Toss. Makes about 11 cups (2.75 L) salad. Serves 6.

1 serving: 369 Calories; 24.4 g Total Fat (8.7 g Mono, 9.3 g Poly, 4.9 g Sat); 58 mg Cholesterol; 15 g Carbohydrate; 4 g Fibre; 26 g Protein; 459 mg Sodium

Note: To toast nuts, spread evenly in ungreased shallow pan. Bake in 350°F (175°C) oven for 5 to 10 minutes, stirring or shaking often, until desired doneness.