

Grilled Chicken Salad

An inviting mixture of fresh vegetables glistens with a slightly sweet vinaigrette. Warm grilled chicken and crunchy walnuts make this salad irresistible!

Red medium peppers, quartered, seeds and ribs removed	2	2
ZESTY BALSAMIC MARINADE		
Olive (or canola) oil	1 tbsp.	15 mL
Balsamic vinegar	1 tbsp.	15 mL
Finely grated orange zest	1 tsp.	5 mL
Salt	1/4 tsp.	1 mL
Pepper	1/4 tsp.	1 mL
Boneless, skinless chicken breast halves	3/4 lb.	340 g
Fresh spinach, stems removed, lightly packed	5 cups	1.25 L
Crumbled feta cheese (about 1/3 lb., 150 g)	1 cup	250 mL
Thinly sliced red onion	1/2 cup	125 mL
Coarsely chopped walnuts, toasted	1/4 cup	60 mL
BALSAMIC VINAIGRETTE		
Olive (or canola) oil	3 tbsp.	50 mL
Balsamic vinegar	1 tbsp.	15 mL
Chopped fresh oregano leaves (or 1/2 tsp., 2 mL, dried)	2 tsp.	10 mL
Garlic clove, minced (or 1/4 tsp., 1 mL, powder)	1	1
Salt, just a pinch		

Preheat electric grill for 5 minutes or gas barbecue to medium-high. Cook peppers, skin-side down, on greased grill for 10 to 12 minutes until skins are blistered and blackened. Transfer to small bowl. Cover with plastic wrap. Let sweat for about 15 minutes until cool enough to handle. Peel and discard skins. Cut into thin strips. Set aside.

Zesty Balsamic Marinade: Combine first 5 ingredients in small cup. Makes about 2 tbsp. (30 mL) marinade.

Place chicken breast halves in medium resealable freezer bag. Pour marinade over top. Seal bag. Turn until coated. Marinate in refrigerator for 1 to 3 hours, turning occasionally. Drain and discard marinade. Heat electric grill for 5 minutes or gas barbecue to medium. Cook chicken on greased grill for about 5 minutes per side until no longer pink inside. Cool. Cut into thin slices. Transfer to large bowl.

Add red pepper and next 4 ingredients. Toss.

Balsamic Vinaigrette: Combine all 5 ingredients in jar with tight-fitting lid. Shake well. Makes about 1/4 cup (60 mL) vinaigrette. Drizzle over spinach mixture. Toss. Makes about 8 cups (2 L) salad. Serves 4.

1 serving: 425 Calories; 27.2 g Total Fat (12.1 g Mono, 5 g Poly, 8.3 g Sat); 96 mg Cholesterol; 13 g Carbohydrate; 4 g Fibre; 34 g Protein; 571 mg Sodium

Note: Prepared roasted red peppers are available in jars in most grocery stores. Drain well. Use 1 cup (250 mL) in place of 2 fresh, roasted red peppers.