



\$400 winner Grilled Chicken Salad

Julia Grover, Tucson, Ariz.,
in the Chicken Salads Category, May 2002

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| 1/4 cup grape seed oil or olive oil | Montreal or Kansas City steak |
| 3 Tbsp. balsamic vinegar | seasoning |
| 1 Tbsp. dried dillweed | 8 cups mesclun or spring salad |
| 1 large clove garlic, minced | greens or spinach |
| 1/4 tsp. freshly ground black pepper | 3/4 cup seedless red grapes, halved |
| 1/4 tsp. dried oregano, crushed | 1/2 cup crumbled goat cheese |
| 4 medium skinless, boneless chicken | 1/4 cup pine nuts, toasted |
| breast halves | |

For vinaigrette, in a screw-top jar combine oil, vinegar, dillweed, garlic, pepper, and oregano. Cover and shake well; let stand 1 hour.

Meanwhile, sprinkle chicken breast halves lightly with steak seasoning. Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until tender and no longer pink (170° F), turning once. Cool slightly.

Arrange salad greens on 4 plates; top with grapes, goat cheese, and pine nuts. Slice each chicken breast and arrange one sliced breast on each salad. Shake dressing and drizzle over the salads. Makes 4 servings.

Nutrition facts per serving: 400 cal., 23 g total fat (4 g sat. fat), 86 mg chol., 167 mg sodium, 12 g carbo., 2 g fiber, and 38 g pro. Daily Values: 22% vit. A, 21% vit. C, 9% calcium, and 18% iron.