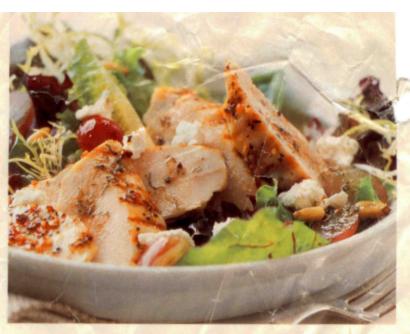
Prize Tested Recipes® see page 244 for details



\$400 winner Grilled Chicken Salad

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

- 1/4 cup grape seed oil or olive oil
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. dried dillweed
- 1 large clove garlic, minced
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. dried oregano, crushed
- 4 medium skinless, boneless chicken breast halves

Montreal or Kansas City steak seasoning

- 8 cups mesclun or spring salad greens or spinach
- 34 cup seedless red grapes, halved
- 1/2 cup crumbled goat cheese
- 1/4 cup pine nuts, toasted

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.