



grilled chicken *Salad*

with dried tomato, pesto, raisins, pine nuts

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Serves 4

Ingredients (Salad)

- 4 medium sized skinless, boneless chicken breasts, halved
- 1 tbsp. (15 ml) extra virgin olive oil
- 1/3 cup (80 g) raisins
- 1/2 cup (125 g) oven-dried Paysanne tomatoes, chopped
- 1/2 cup (125 g) toasted pine nuts
- Salt and pepper to taste

Method (Salad)

1. Preheat grill to a medium/high heat.
2. Coat chicken with olive oil.
3. Season with salt and pepper.
4. Grill chicken, then slice when cool.
5. Preheat oven to 350° F / 177° C. Place tomatoes on a perforated baking sheet and dry tomatoes for 1 – 1 1/2 hours.
7. In a large mixing bowl, combine sliced chicken, pesto, raisins, tomatoes and pine nuts.
8. Divide the mixture onto 4 salad plates and serve.

Ingredients (Pesto)

- 2 cups of fresh basil
- 1 clove of garlic, peeled
- 3 tbsp. (45 g) pine nuts
- 1/2 tsp. (3 g) salt
- 2/3 cup (170 g) freshly grated Parmigiano-Reggiano cheese
- 1/4 cup (63 ml) extra virgin olive oil

Method (Pesto)

1. Blend the basil, garlic, pine nuts and salt until puréed.
2. Pour the blended mixture into a bowl. Combine the cheese and olive oil. Stir until smooth.

Chef's Trick: How to make oven-dried tomatoes

Preheat oven to 250°F. Slice the stem, top off the tomatoes and cut in half. Place the tomatoes on a baking sheet, cut side facing up. Dry tomatoes until they reach the desired crispness. Small tomatoes: 2 - 3 hours, Medium tomatoes: 3 - 4 hours, Large tomatoes: 4 - 6 hours

Nutritional Facts per serving (123 g): Calories 370

Fat 25 g (38 %), Saturated Fat 5 g + Trans Fat 0 g (25 %), Cholesterol 60 mg, Sodium 530 mg (22 %), Carbohydrate 13 g (4 %), Fiber 3 g (12%), Sugars 2 g, Protein 25 g, Vit A (10 %), Vit C (8 %), Calcium (15 %), Iron (15 %). % = % Daily Value



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