

# Grilled Chicken Salad

Adapted from Jean Francois Meteigner, an L.A. chef  
Internet Address:



4 large boneless skinless chicken breast halves

1 tablespoon Herbes de Provence, or other mixed herbs containing thyme and rosemary

1 1/2 tablespoons olive oil

1/2 teaspoon freshly ground black pepper

## SALAD INGREDIENTS:

8 ounces mixed salad greens

8 ounces baby spinach

6 ounces baby arugula

8 whole green onions, minced, including some green part

2/3 cup fresh corn kernels

1/2 cup fennel bulb, finely diced

1/2 cup cucumber, diced

2 large avocados, diced or sliced

2 large tomatoes, wedged

8 ounces artichoke hearts, canned, not marinated (optional)

## GARNISHES:

1/2 cup potato chips (optional)

16 pieces chives (optional)

## DRESSING:

1/2 recipe Sherry Vinegar and Lemon Dressing

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<http://tastingspoons.com>

## Servings: 4

1. Season chicken breasts with oil, pepper, herbs and garlic. Place in a plastic bag to marinate for 1-2 hours if time permits.
2. Grill chicken breasts on an outdoor grill for 3-4 minutes per side (or less, depending on thickness) until just cooked through. Do not overcook. Remove and set aside.
3. In a large salad bowl combine the salad greens, spinach, arugula, fennel, green onions and corn. Toss with salad dressing, adding just enough to coat leaves well. Pour out onto 4 serving plates.
4. Decorate each salad with avocado slices, tomatoes, and artichoke hearts. Cut chicken into slices and place on salad. Add crushed potato chips if using them, and poke a few long chives into the top, standing them up straight if possible.

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Per Serving (excluding unknown items): 854 Calories; 60g Fat (60.8% calories from fat); 39g Protein; 48g Carbohydrate; 13g Dietary Fiber; 68mg Cholesterol; 424mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 3 1/2 Vegetable; 1/2 Fruit; 11 1/2 Fat; 0 Other Carbohydrates.

# Sherry Vinegar and Lemon Dressing

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You could also call this a Lemon Juice Vinaigrette with Sherry Vinegar, to be more precise.

## Servings: 8

*The only change I made to this recipe was the use of agave nectar instead of honey. He also called for the "juice of 2 lemons." I made a measuring assumption that a lemon yields about 1/4 cup of lemon juice each. Use more if you want to, but you may need to add additional honey.*

1. In a medium-sized bowl whisk together (in order) the Dijon mustard, sherry vinegar, lemon juice, garlic.

3 tablespoons agave nectar, or honey  
3 tablespoons sherry vinegar  
1 tablespoon Dijon mustard  
1/2 cup fresh lemon juice, fresh squeezed  
1 cup extra virgin olive oil  
2 large garlic cloves, peeled, smashed and minced  
Salt and pepper to taste

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2. Slowly add in a steady stream, whisking continuously, the olive oil. If made ahead whisk together again before pouring onto any salad. Refrigerate and use within a week, if possible.

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Per Serving (excluding unknown items): 246 Calories; 27g Fat (96.4% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.