



Grilled Chicken Salad with Seasonal Fruit

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

6

Description

This grilled chicken salad is both beautiful in presentation and taste. You can use fresh berries in summer: strawberries, blueberries, raspberries, or blackberries, and orange segments in winter. This terrific salad recipe will bring rave reviews any time of the year.

Ingredients

- 1 pound skinless
- boneless chicken breast halves - ½ cup pecans - ½ cup red wine vinegar - ½ cup white sugar - 1 cup vegetable oil - ½ onion
- minced - 1 teaspoon ground mustard - 1 teaspoon salt - ¼ teaspoon ground white pepper - 2 heads Bibb lettuce - rinsed
- dried and torn - 1 cup sliced fresh strawberries

Instructions

1. Preheat the grill to high heat. Lightly oil the grill grate. Grill chicken until juices run clear
2. about 8 minutes per side. Remove from heat
3. cool
4. and slice. Set aside. Meanwhile
5. place pecans in a dry skillet over medium-high heat. Cook pecans
6. stirring frequently
7. until fragrant
8. about 8 minutes. Remove from heat and set aside. To make the dressing: Combine red wine vinegar
9. sugar
10. vegetable oil
11. onion
12. mustard
13. salt
14. and pepper in a blender. Process until smooth. Arrange lettuce on serving plates. Top with grilled chicken slices
15. strawberries
16. and pecans. Drizzle with dressing to serve.