



BROCCOLINI® baby broccoli and Grilled Chicken Salad with Goat Cheese and Pecans

Servings

4

Calories

420

Prep Time

2 hours

Total Time

2 hrs 30
minutes

Skill Level

Easy

Ingredients

- 2 bunches Mann's BROCCOLINI® baby broccoli (about 15-18 stalks)
- 4 boneless skinless chicken breasts, cut in half
- Herb marinade (recipe below)
- 2 cups Mann's Arcadian Harvest®
- 2 pears, cored and sliced
- $\frac{3}{4}$ cup glazed pecans (recipe below)
- 2 ounces crumbled goat cheese



For Herb Dressing

- $\frac{1}{2}$ teaspoon marjoram
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{2}$ teaspoon rosemary
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ cup olive
- $\frac{1}{3}$ cup red wine vinegar
- 3 tablespoons sugar

For Glazed Pecans

- $\frac{1}{2}$ cup sugar
- 2 tablespoons water
- 1 cup pecans, toasted



BROCCOLINI® baby broccoli and Grilled Chicken Salad with Goat Cheese and Pecans

The Method

Place all dressing ingredients in a jar and shake to combine. Pour ¼ cup over the chicken breasts and marinate, covered, in the refrigerator for 1-2 hours.

Drop BROCCOLINI® baby broccoli into boiling water. After 3 minutes, drain and rinse with cold water to stop cooking process. Grill or broil marinated chicken, basting with dressing. Slice crosswise. Line 4 plates with Arcadian Harvest and arrange BROCCOLINI® baby broccoli, pear, and chicken on top. Sprinkle with nuts and goat cheese. Drizzle with dressing.

For nuts

To glaze nuts, combine ½ cup sugar with 2 tablespoons water in skillet and cook over medium heat, stirring occasionally until it melts and turns golden. Watch carefully as it turns color. Pour syrup over toasted pecans on oiled cookie sheet. Quickly separate nuts for even glaze. When cool, crack off excess glaze.

Nutrition Facts

Serving Size: 432g | Servings: 4

Amount Per Serving

Calories 420 | Total Fat 21g (sat fat 4g trans 0g) | Cholesterol 105mg | Sodium 240mg | Total Carbohydrate 26g | Dietary Fiber 12g | Sugars 11g | Protein 36g | Vitamin A 180% | Vitamin C 120% | Calcium 15% | Iron 20%