



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

## Servings

4

## Calories

780

## Prep Time

15 minutes

## Total Time

45 minutes

## Skill Level

Medium

## Ingredients

- 2 bunches Mann's BROCCOLINI® baby broccoli (about 15-18 stalks)
- 4 chicken breasts, boneless, skinned, cut in half
- 3/4 pounds mixed lettuces
- 2 pears, cored and sliced (or substitute) red potatoes
- 3/4 cup pecans, toasted, glazed (or substitute walnuts )
- 2 ounces goat cheese, crumbled



## Sweet-Tart Dressing

- 1/2 teaspoon marjoram
- 1/2 basil
- 1/2 rosemary
- 1/2 ground black pepper
- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 3 tablespoons sugar

## The Method

Drop BROCCOLINI® baby broccoli into boiling water. After 3 minutes, drain and rinse with cold water to stop cooking process. Toss chicken breasts with 1/4 cup dressing. Marinate 1 or 2 hours in refrigerator. Grill or broil marinated chicken, basting with dressing. Slice crosswise. Line 4 plates with lettuces and arrange BROCCOLINI® baby broccoli, pear (or potato) and chicken on top. Sprinkle with nuts and goat cheese. Drizzle with dressing.



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Sweet-Tart Dressing: Crush 1/2 teaspoon each dried marjoram, basil, rosemary and ground black pepper in mortar to release flavors. Put seasonings in jar; add 1/2 cup olive oil, 1/3 cup red wine vinegar and 3 tablespoons sugar. Shake until well blended.

\*To glaze nuts, combine 1/2 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**

Servings: 208g | Servings: 4

### **Amount Per Serving**

Calories 780 | Calories from Fat 440 | Total Fat 49g (sat fat 9g trans 0g) | Cholesterol 80mg | Sodium 170mg | Total Carbohydrate 57g  
Dietary Fiber 9g | Sugars 41g | Protein 36g | Vitamin A 190% | Vitamin C 220% | Calcium 20% | Iron 20%