



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

605.341.5044

Nectarine, Raspberry & Grilled Chicken Salad *serves 2-4*

Both savory and sweet - this balanced salad celebrates fresh summer fruits and crisp greens. The nectarine-poppysseed vinaigrette, fresh raspberries, and sliced nectarines add color and a touch of sweetness to the heartier elements of grilled chicken, almond slices, and goat cheese. This salad is a true delight!

Grilled Chicken:

2 chicken breasts, boneless and skinless
2 tablespoon olive oil
1 tablespoon fresh lemon juice
1 teaspoon kosher salt
1/2 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon oregano

Salad Ingredients:

4 cups baby spring greens mix
3 scallions, sliced
1 nectarine, sliced
6 ounces raspberries
3 tablespoons sliced almond
4 ounces fresh goat cheese, crumbled

Nectarine-Poppyseed Vinaigrette:

Makes about 1/2 cup:

3 tablespoons extra virgin olive oil
1 tablespoon champagne vinegar
1 nectarine
2 tablespoon fresh lemon juice
1 teaspoon poppy seeds
1 tablespoon honey
1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

Directions:

1. Place the chicken breasts in a bowl and drizzle with the olive oil and lemon juice. Sprinkle with salt, pepper, paprika and oregano on both sides. Let the chicken marinate for 30 minutes.
2. Fire up the grill! When using a gas grill, prepare half of the grill with high heat while keeping the other half on low heat -- that is, use a direct/indirect set-up. Add the chicken to the cooler side of the well-oiled grill and close the lid. After 4-5 minutes, turn once and cook an additional 4-5 minutes. Continue to grill and flip, as needed, until the thickest part of the breast reaches 160 degrees F. After removing the chicken from the grill, the heat in the chicken breast will continue to rise until it hits the food-safe temperature of 165 degrees F. Let the chicken rest for 5 minutes, then cut into slices.
3. Prepare the vinaigrette by blending all ingredients together in a small food processor until well-combined.
4. Assemble the salad by gently tossing the spring greens mix and sliced green onions with the vinaigrette. Place in individual bowls or plates, and top with the nectarine slices, grilled chicken slices, raspberries, almond slices, and goat cheese. Serve and enjoy.