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Grilled Nectarine and Chicken Salad with an Herbed Buttermilk Dressing

Serves 4

Try this truly satisfying summer salad! Grilled chicken and nectarine halves perfectly complement the crispy crunch of fresh greens. Creamy goat cheese, bright blueberries, and a homemade, herbed buttermilk dressing seal the deal for this wonderful meal!

Salad Ingredients:

2 large chicken breasts, about 1 lb boneless,
thinly sliced (or 4 thinly-cut chicken breasts)
4 nectarines, halved and grilled
6 oz spring mix of spinach and arugula
4 oz goat cheese, crumbled into bite-sized pieces
1 cup blueberries, washed
1/4 small red onion, thinly sliced

Chicken Marinade:

1 teaspoon Kosher salt
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon paprika
2 tablespoons olive oil
2 tablespoons fresh lemon juice

Herbed Buttermilk Dressing:

1 clove garlic, grated
1 tablespoon fresh parsley, minced
1 tablespoon fresh basil,
minced (8-10 leaves)
1 tablespoon chives, sliced
1/2 cup buttermilk
1/2 cup Greek yogurt
2 tablespoons olive oil
2 tablespoons lemon juice
1 tablespoon white wine vinegar
1 teaspoon Kosher salt
1/2 teaspoon black pepper
1/4 teaspoon garlic powder
1 teaspoon sugar

Directions:

1. Prepare the chicken breasts by thinly slicing in half to make thinner breasts for more flavor and faster grilling. Marinate the chicken in a large bowl. Rub the chicken on all sides with Kosher salt, pepper, garlic powder, basil, oregano, and paprika. Drizzle with olive oil and lemon juice. Cover and refrigerate the chicken; marinate for 30 minutes or up to 1 hour.
2. Prepare the herbed buttermilk dressing. Peel and grate the garlic using a fine grater. Wash the parsley, basil, and chives and chop finely. In a medium-sized glass bowl, whisk the buttermilk and Greek yogurt together until well combined. Add the olive oil, lemon juice, Kosher salt, pepper, garlic powder, and sugar; mix well. Whisk in the grated garlic and chopped herbs until evenly incorporated.
3. Prepare the nectarines for grilling by washing, and slicing in half. Carefully remove the pit with a paring knife. Brush each half with olive oil.
4. 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°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°F. Let the chicken rest for 5 minutes, then cut into slices.
5. Grill the nectarine halves flesh-side down over medium-high heat for 3 to 4 minutes or until grill marks appear.
6. Assemble the salad! Layer the greens and red onion with a drizzle of the herbed buttermilk dressing. Top the salad with the grilled chicken slices, grilled nectarine halves, goat cheese crumbles, and blueberries. Garnish with fresh chives, if desired.