

Grilled Chicken Salad

Servings: 6

Source: Sheila Lukins, Seattle Times Magazine, June 26, 2005

Ingredients

- 1 Asian Sesame Oil
- 1½ Soy Sauce
- Juice Of 1 Lemon
- ½ teaspoon Dried Red-Pepper Flakes
- 2 teaspoons Dijon Mustard
- ¼ cup Dry White Wine
- 1 large Clove Of Garlic, Minced
- 3 lbs. Chicken Breast Halves, Skinless And Boneless
- 1 each Garlic
- 1 Asian Sesame Oil
- 2 Soy Sauce
- 2 Sherry Vinegar
- ⅓ cup Olive Oil
- ½ cup Red Onion Rings, Thinly Sliced
- 1½ cups Sugar Snap Peas
- ¼ cup Dried Cranberries
- ½ teaspoon Black Pepper
- 1 bunch Arugula Leaves

Method

1. In a bowl, whisk together the marinade ingredients and pour over the chicken. Marinate, covered, for at least 3 hours or overnight in the refrigerator.
2. Grill chicken on a well-oiled grill over hot coals or under a broiler, turning the pieces until just cooked through, about 4 to 5 minutes per side. (Discard any leftover marinade.) Cut chicken into bite-sized strips and place in a large bowl.
3. Using a food processor, puree the dressing ingredients until smooth; pour over the chicken. Add onion rings, snap peas and cranberries. Season with pepper. Toss to blend. Add the arugula and toss lightly.

Notes

Need at least 3 hours before serving.