



Grilled Chicken & Spinach with Balsamic Vinaigrette

Grilled chicken breasts on a Caesar salad appear on many menus these days – it's a salad that can serve as a filling meal. Our combination of grilled chicken breast and wonderful crunchy spinach in a slightly sweet vinaigrette is a unique variation on the chicken Caesar.

Dressing:

½ cup liquid honey (125 mL)	2 tsp chopped fresh parsley (10 mL)
½ cup olive oil (125 mL)	2 tsp chopped red onion (10 mL)
⅓ cup balsamic vinegar (75 mL)	2 tsp chopped fresh chives (10 mL)
1 tbsp Dijon mustard (15 mL)	2 tsp chopped red pepper (10 mL)

In a bowl, whisk the **honey, oil, vinegar** and **mustard** until well blended and smooth. Add remaining ingredients. Whisk until blended. Chill until serving.

Salad:

- 4 6-oz (180 g) boneless chicken breasts
- 8 oz fresh spinach 250 g
- 2 fresh oranges, peeled and sectioned into pieces
- 1 small red onion, sliced
- 4 fresh mushrooms, sliced
- 1 red pepper, diced

Grill **chicken breasts** and chill. Cut them into slices prior to serving. Wash **spinach** and trim ends. In a medium-sized bowl, combine spinach, sectioned **oranges, red onion, mushrooms** and **red pepper**. Add **vinaigrette** and toss. Divide salad on individual plates and arrange chilled sliced chicken on top. **Serves 4.**

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This recipe is courtesy of novascotia.com and Taste of Nova Scotia. Visit novascotia.com to plan your Nova Scotia getaway.