



Grilled Chicken & Strawberry Salad with Sweet Onion-Poppy Seed Dressing

Prep: 10 minutes plus marinating

Grill: 10 minutes • Serves: 6

Salad

- 2 pounds boneless, skinless chicken breasts
- 1¼ cups prepared poppy seed dressing or Onion-Poppy Seed Dressing (recipe below)
- 1 bag (10 ounces) chopped romaine lettuce (about 7 cups)
- 1 bag (8 ounces) baby spinach (about 8 cups)
- 1 package (16 ounces) fresh strawberries, quartered (about 3 cups)
- 2 small avocados, peeled, pitted and chopped (about 1½ cups)
- ½ small red onion, thinly sliced (about ½ cup)
- ½ cup sliced almonds

Onion-Poppy Seed Dressing

- 2 tablespoons poppy seeds
- 1 cup chopped white or sweet onion
- ½ cup Champagne, white wine or rice vinegar
- ⅓ cup granulated sugar
- ¾ cup mayonnaise
- ¼ cup olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground black pepper

1. Place chicken in large zip-top plastic bag; add ½ cup dressing. Seal bag, pressing out excess air; refrigerate at least 1 hour or up to 4 hours to marinate.

2. Meanwhile, prepare grill for direct grilling over medium heat. Remove chicken from marinade; discard marinade. Place chicken on hot grill rack; cook 10 to 12 minutes or until chicken loses its pink color throughout and reaches an internal temperature of 165°, turning once halfway through cooking. Remove chicken from grill; cover loosely with aluminum foil and let stand 10 minutes; slice.

3. In large serving bowl, toss lettuce and spinach; top with strawberries, avocados and onion. Sprinkle with almonds and top with chicken; drizzle with remaining ¾ cup dressing.

4. In small saucepot, toast poppy seeds over medium-low heat 2 minutes or until seeds begin to pop and become fragrant, swirling pan frequently. Increase heat to medium; add onion, vinegar and sugar. Cook 10 minutes or until onion is soft. Transfer mixture to blender; add remaining ingredients and blend until smooth. Refrigerate until ready to use. Makes about 1¾ cups.

Approximate nutritional values per serving:

534 Calories, 34g Fat (5g Saturated), 85mg Cholesterol, 511mg Sodium, 28g Carbohydrates, 7g Fiber, 30g Protein

Chef Tip

To make your salad a little more special, candy the almonds for an added sweet touch