

BERRY-PINE NUT CHICKEN SALAD

Using cooked chicken and bagged lettuce shaves off a great deal of time for this summertime salad.

DRESSING

- 3 tbsp (45 mL) red wine vinegar
- 2 tbsp (30 mL) seedless raspberry jam
- 1 tsp (5 mL) Dijon mustard
- ¼ cup (50 mL) olive oil
- ⅛ tsp (0.5 mL) salt
- ⅛ tsp (0.5 mL) coarsely ground black pepper

SALAD

- ¼ cup (50 mL) pine nuts
- 1 bag (5-6 oz/150-175 g) Boston lettuce salad blend (about 5 cups/125 L torn Boston lettuce)
- 1 cup (250 mL) blueberries
- 1 lb (500 g) cooked chicken breasts (about 4)
- ¼ small red onion
- 8 oz (250 g) sugar snap peas (2 cups/500 mL)

1. For dressing, combine vinegar, jam and mustard in **Measure, Mix & Pour™**; mix well. Add oil, salt and black pepper. Mix again and set aside.
2. For salad, place pine nuts into **(8-in./20-cm) Sauté Pan**; toast over medium heat 4-6 minutes or until fragrant and golden brown. Remove pine nuts from pan; cool completely.
3. Wash lettuce and berries using **Salad & Berry Spinner**. Thinly slice chicken and onion using **Chef's Knife**. Cut sugar snap peas in half on a bias.
4. To serve, layer lettuce, chicken, peas, blueberries and onion in a large serving bowl. Pour dressing over salad just before serving; toss gently to coat. Sprinkle with toasted pine nuts.

Yield: 4 servings

U.S. Nutrients per serving: Calories 450, Total Fat 24 g, Saturated Fat 3.5 g, Cholesterol 95 mg, Carbohydrate 20 g, Protein 39 g, Sodium 200 mg, Fiber 3 g

U.S. Diabetic exchanges per serving: 1 fruit, 1 vegetable, 4 low-fat meat, 3 fat (1 carb)



CHEF'S CORNER

Using seedless raspberry jam in the vinaigrette adds concentrated raspberry flavor. If desired, use raspberry vinegar in place of the red wine vinegar for even greater impact.

Pine nuts can be toasted in the **Small Oval Baker** in the microwave oven for 2-3 minutes, stirring after each 30-second interval.

This salad can be served in the outer bowl of the **Salad & Berry Spinner** for casual meals.

15 minutes