

Grilled Chicken Salad with Cherries

Ingredients:

Chicken:

- 2 teaspoons olive oil
- 6 (4-ounce) skinned, boned chicken breast halves
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Cooking spray

Salad:

- 6 cups gourmet salad greens
- 1 ½ cups coarsely chopped pitted sweet cherries
- 6 whole cherries (optional)

Vinaigrette:

- ⅓ cup water
- ¼ cup red wine vinegar
- 2 tablespoons minced shallots
- 1 tablespoon olive oil
- 2 teaspoons Dijon mustard
- 1 ½ teaspoons minced fresh or ½ teaspoon dried thyme
- ½ teaspoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Directions:

- To prepare chicken, rub 2 teaspoons oil over chicken. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Prepare grill. Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until chicken is done. Cut into ¼-inch-thick slices.
- To prepare vinaigrette, combine water and next 8 ingredients (water through ⅛ teaspoon pepper) in a small bowl; stir with a whisk.
- Arrange salad greens on plates, and top with sliced chicken, chopped cherries, and vinaigrette. Garnish with whole cherries, if desired.

Yield: 6 servings (serving size: 1 cup salad greens, 3 ounces chicken, ¼ cup chopped cherries, and 2 tablespoons vinaigrette)

Nutritional Information: 217 (31% from fat); Fat 7.5g; Iron 1.7mg; Cholesterol 72mg; Calcium 41mg; Carbohydrate 8.8g; Sodium 290mg; Protein 27.8g; Fiber 1.9g

Recipe Source: Cooking Light, July 2000

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.