

## Spiced Chicken and Greens with Pomegranate Dressing

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### Ingredients:

#### Chicken:

- Cooking spray
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 4 (6-ounce) skinless, boneless chicken breast halves

#### Dressing:

- 1/3 cup pomegranate juice
- 3 tablespoons red wine vinegar
- 2 teaspoons sugar
- 2 teaspoons canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper

#### Salad:

- 1 (5-ounce) package gourmet salad greens
- 1/2 cup thinly sliced red onion
- 3/4 cup orange sections (about 2 medium oranges)
- 1/3 cup dried cranberries
- 1/4 cup (1 ounce) crumbled Gorgonzola cheese

### Directions:

- To prepare chicken, heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Sprinkle chili powder and salt over chicken. Add chicken to pan; cook 5 minutes on each side or until done. Remove chicken from skillet; let stand 3 minutes. Cut chicken across grain into thin slices; set aside.
- To prepare dressing, combine juice and next 5 ingredients (through crushed red pepper) in a small bowl; stir well with whisk.
- To prepare salad, place greens on a serving platter; top with onion, orange, cranberries, and chicken slices. Sprinkle evenly with cheese; pour dressing over salad.

**Yield:** 4 servings (serving size: 2 cups salad, about 4 1/2 ounces chicken, and 2 tablespoons dressing)

**Nutritional Information:** Calories 333 (18% from fat); Fat 6.7g; Iron 2mg; Cholesterol 105mg; Calcium 115mg; Carbohydrate 27.1g; Sodium 527mg; Protein 42.2g; Fiber 5.4g

Recipe Source: Cooking Light, MARCH 2006

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.