



Herb Rubbed Baked Chicken Salad With Ginger and Sweet Onion Vinaigrette

Camine Pappas / Serves 4 / October 2018

INGREDIENTS:

4 6 oz. size boneless chicken breast pieces
4 C spring greens
½ pint cherry tomatoes, halved
1/8 C red onion, sliced thinly
½ small cucumber sliced and halved
3 oz. crumbled Goat cheese – optional
1/8 C chopped cilantro and
1/8 C chopped flat leaf parsley
Vinaigrette: 2 T candied ginger, chopped, 2 T white onion
finely chopped, 2 T light olive oil, 2 T apple cider vinegar,
2 t sugar, ½ t black pepper, ½ t kosher salt

RUB

1 t good dried oregano
½ t each of paprika, coriander, cumin, cinnamon, dried
thyme
¼ t good curry powder
1 t kosher salt
½ t black pepper
2 T oil to moisten to a paste



METHOD:

Rub spice mix all over chicken. Arrange in a baking dish. Bake at 375 degrees F for about 25 minutes or until 160 degrees inside. Remove, cool for about 5 minutes, slice thinly, arrange over greens dressed with vinaigrette. Serve with your favorite bread!

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