BLACK AND BLUE GRILLED CHICKEN SALAD

Spicy blackened chicken crowns this arugula and baby kale salad. Tossed with Roquefort blue cheese crumbles and blue cheese dressing, then finished with marinated tomatoes.



INGREDIENTS

- [ ] 1 piece Mountaire® Black Label Chicken Chop™, Fresh, Boneless, Skin-on (47417)

SEASONING

- [ ] 1 tbsp blackening seasoning

MARINADE

- [ ] ½ cup heirloom tomatoes, thinly sliced
- [ ] ¼ oz red onion, thin-shaved
- [ ] 1 tbsp extra virgin olive oil
- [ ] 2 tsp red wine vinegar
- [ ] 1 pinch kosher salt
- [ ] 1 tbsp fresh oregano leaves

SALAD

- [ ] 2 oz arugula greens
- [ ] 2 oz baby kale greens
- [ ] 2 fl oz blue cheese dressing
- [ ] 1 oz Roquefort blue cheese crumbles

PREPARATION

Yield: 1 serving

1. Season chicken: Rub blackening seasoning on both sides of boneless chicken leg. Grill on medium-high, until chicken reaches an internal temperature of 165°F. Let rest 3–5 minutes, then slice.
2. Make marinade: Combine heirloom tomatoes, red onion, extra virgin olive oil, red wine vinegar, salt, and oregano leaves. Let marinate briefly.
3. Toss salad: In a mixing bowl, toss together greens, blue cheese dressing, and Roquefort blue cheese crumbles.
4. Assemble: Plate dressed greens, then top with sliced chicken and marinated tomatoes.

NOTES

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