

Chicken, Arugula, Corn and Parmigiano Salad

Author: Adapted from a Michael Chiarello recipe (Food Network), 2006

**Carolyn T's
Main Cookbook**

Servings: 4



2 large boneless skinless chicken breast halves

**WHOLE CITRUS VINAIGRETTE:
(makes much more than needed)**

2 whole oranges

1/2 cup red onion, cut in chunks

1 tablespoon fresh sage, chopped

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 tablespoons mayonnaise

1 cup extra virgin olive oil

SALAD:

4 cups arugula

4 cups Romaine lettuce (or other lettuces of your choice)

1 cup fresh corn kernels, cut from the cob (or frozen, defrosted)

1 tablespoon dried oregano (or fresh, if you have it)

1 1/2 ounces Parmigiano-Reggiano cheese, shaved in shards (or Pecorino)

1 whole avocado, peeled, sliced

SPICE RUB:

1 1/2 tablespoons fennel seed

1/2 tablespoon coriander seed

1/2 teaspoon red pepper flakes

1/2 tablespoon chile powder, or Mercken chili spice

2 teaspoons salt

1 teaspoon ground cinnamon

Serving Ideas: You could also serve this salad with hearts of palm, even some sliced pear or apple. Even some fresh fennel too. Ideally you should use fresh corn, but if you don't have it, use a good quality frozen corn instead. If you have extra spice rub left over roll some jicama slices in it and serve those on top of the salad as well.

**Blog: Carolyn T's Blog:
<http://tastingspoons.com>**

Per Serving (excluding unknown items): 776 Calories; 70g Fat (77.5% calories from fat); 19g Protein; 27g Carbohydrate; 7g Dietary Fiber; 37mg Cholesterol; 1564mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1/2 Fruit; 13 Fat.

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Notes: The vinaigrette makes MUCH more than you need, so the calorie and fat content of this dish is way off.

1. **CHICKEN:** Bring a medium saucepan of water to a boil. Gently drop the chicken breasts into the water, reduce heat to very, very low and simmer for 1-2 minutes. Turn off heat, place lid on the pot and set aside for 20-30 minutes. Remove chicken breasts from the water; cool for 10-15 minutes, then slice the chicken across the grain, either in strips or cubes.

2. **SPICE RUB:** Combine the ingredients in a mortar & pestle and grind it until it's a fine powder. Sprinkle it over the chicken pieces and toss to coat.

3. **VINAIGRETTE:** Cut the ends off the oranges, cut in quarters and remove center core, and all seeds. Place 2/3 of the pieces into a food processor. Squeeze the remaining pieces - the juice - into the food processor and discard those skins, etc. To the oranges in the food processor add the chopped red onion, fresh sage leaves, salt, pepper and process until the mixture is a very smooth liquid. Add the olive oil in a slow drizzle. Add the mayonnaise and process just until blended. Pour into a refrigerator container and chill.

4. **SALAD:** In a large salad bowl combine the arugula, Romaine, fresh corn and dried oregano leaves. Toss the salad with ample dressing - taste a leaf or two to see if it contains enough dressing - and pour the salad out onto plates, then garnish with the spice rubbed chicken and avocado slices and Parmigiano-Reggiano cheese shards. Garnish with a bit more salt and pepper.