

Romaine Salad with Grilled Lemon Chicken

- 3 T each balsamic vinegar, fresh lemon juice, olive oil
- Lemon zest from 1 small lemon
- 2 t Dijon mustard
- 1/2 t each sea salt, sugar and pepper
- 1 clove garlic minced
- 4 boneless, skinless chicken breasts (1lb)
- 6 c torn lettuce
- 3 c sliced mushrooms
- 1/2 c sliced red onion
- 2 c sliced radicchio, lightly packed
- 1/3 c chopped parsley or dill

The marinade-dressing:

Mix vinegar, lemon juice and zest, 1 tablespoon of water, mustard, salt, sugar, pepper and garlic with 1 tablespoon of the olive oil in a covered container you can shake vigorously. Marinate the chicken in 2 tablespoons of this dressing, refrigerating for at least 1 hour, up to 1 day.

In a large bowl mix the lettuce, mushrooms, radicchio, onion, parsley or dill. (I couldn't choose, so I used both). Add the remaining 2 tablespoons of olive oil to the dressing - or less according to how sharp you like your dressing.

Grilled chicken

Grill the marinated chicken until the juices run clear, letting it rest for 5 minutes before slicing and adding to the dressed salad. I used the Pampered Chef grill pan. No, I don't get perks for mentioning their products, I just like using them.

Other ingredients you can add include pepper, feta and croutons. But the warm chicken on the bed of salad tasted just fine as is.

Jittery Cook