

WARM BRUSSELS SPROUT & CHICKEN SALAD

by Chef Jeff Dinmore, Clovis Community Medical Center

Yield: Serves 4

Ingredients:

- 4 boneless, skinless chicken breast
- ½ tsp. sea salt
- ¼ tsp. coarse ground black pepper
- ¼ cup extra virgin olive oil
- 1 ½ (8.5oz) cups Brussels sprouts
- ½ cup red onion, thinly sliced
- ½ cup celery, thinly sliced
- ¼ cup apple cider vinegar
- 1 Tbsp. Dijon mustard
- 2 tsp fresh sage, chopped
- 1-2 oranges, peeled and sliced (optional)
- ¼ cup halved walnuts, raw or toasted (optional)

Directions:

1. Wash Brussels sprouts, drain in a colander or strainer. Once drained, cut Brussels sprouts in half.
2. Using a small bowl, whisk together the olive oil, vinegar, mustard and sage. Set aside.
3. Preheat a char-broiler with medium heat.
4. Season chicken with salt and pepper, grill for 8-10 min or until done (165°F) and set aside.
5. Using a large skillet or sauté pan, heat half of the olive oil over medium heat. Add Brussels sprouts, onion and celery. Cook, covered 4-6 min or until sprouts are crisp-tender, stirring occasionally.
6. Uncover and continue to cook for 2-3min or until sprouts are light brown. Pour the olive oil, vinegar, mustard and sage mixture over the sprouts mixture.
7. Continue to cook and stir for 1 more minute. Remove from heat and stir in oranges, if adding.
8. Thinly slice the chicken and serve on top of warm sprout mixture. Garnish with toasted walnuts.