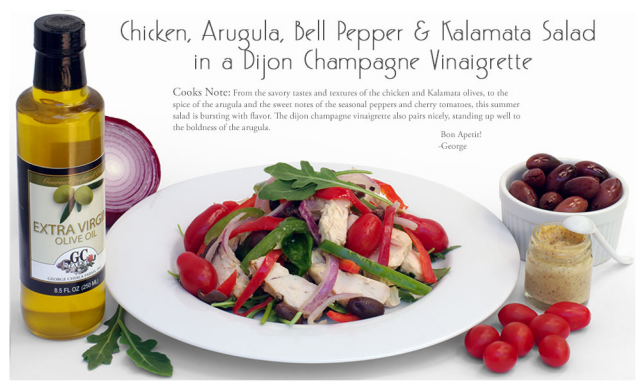




GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JULY 2013
Recipe 49



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Chicken, Arugula, Bell Pepper & Kalamata Salad in a Dijon Champagne Vinaigrette

PREPARATION

- 1 - Brush both sides of chicken with extra-virgin olive oil. Season both sides liberally with salt and freshly ground black pepper.
- 2 - Grill over a preheated charcoal grill, turning often, until internal temperature reaches 165 degrees F. Move to a plate and cover with aluminum foil. Let rest 10 minutes before slicing.
- 3 - Whisk together mustard, lemon juice and garlic. Slowly whisk in olive oil. Season, if desired, with salt and freshly ground black pepper.
- 4 - Toss chicken pieces with arugula, red onion, bell peppers, tomatoes, olives and dressing. Top with shaved Parmeggianno-Reggiano cheese and serve chilled.

INGREDIENTS

- 2 boneless skinless chicken breasts
- 2 cups tightly packed arugula lettuce, roughly chopped
- 1/2 cup thinly sliced fresh red bell pepper
- 1/2 cup thinly sliced fresh green bell pepper
- 1/4 cup thinly sliced red onion
- 1/2 cup Kalamata olives, sliced in half
- 1/2 cup cherry tomatoes
- 2 tbsp freshly squeezed lemon juice
- 1 tsp dijon mustard
- 1 garlic clove, minced
- 6 tbsp GC Farms' extra-virgin olive oil, plus more for the chicken
- salt and freshly ground black pepper
- shaved Parmeggiano-Reggiano cheese

COOK'S NOTE:

Frangipane tarts are traditionally made of fragrant, creamy, almond-flavored filling. The delicious addition of the Raspberries to this frangipane recipe celebrates of the beginning of California's Raspberry season, and would make an ideal Mother's Day treat!

Bon Appetit!
-George