

 **58%**
HEALTH SCORE

Antipasto Salad with Grilled Chicken

 **Gluten Free**

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**428 kcal**

SIDE DISH

Ingredients

- ☐ 4 chicken breast halves boneless with skin, tenders separated, breasts lightly pounded
- ☐ 1 tablespoon capers chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons flat parsley finely chopped
- ☐ 2 large garlic clove thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 ounces oil-cured olives green such as calamata, niçoise and sicilian, pitted and coarsely chopped (1/2 cup) assorted
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 6 small radishes cut into 1-by- 1/4 -inch matchsticks or thin wedges
- ☐ 3 bell pepper red
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 pound genoa salami thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 medium shallots minced
- ☐ 1 pound pkt spinach fresh

Equipment

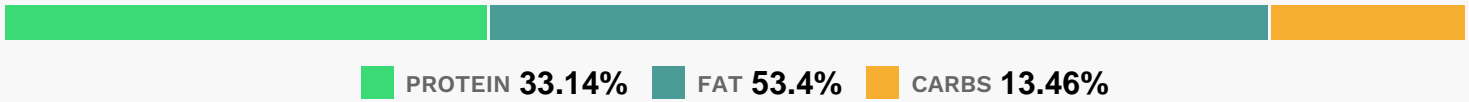
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ tongs
- ☐ grill pan

Directions

- ☐ In a large nonreactive baking dish, combine 1/4 cup of the olive oil with the lemon juice and garlic. Season with salt and pepper.
- ☐ Add the chicken breasts and tenders, turn to coat and let marinate at room temperature for 1 hour, turning once.
- ☐ Meanwhile, preheat the broiler. Broil the red peppers as close to the heat as possible, turning with tongs, until black all over.

- ☐ Transfer the peppers to a bowl, cover with plastic wrap and let cool. Peel, seed and core the peppers.
- ☐ Cut them into 3-by- 1/4 -inch strips.
- ☐ Turn the oven to 42
- ☐ Arrange the salami or pancetta slices on a baking sheet and sprinkle with the Parmesan.
- ☐ Bake for about 10 minutes, or until browned.
- ☐ Transfer to paper towels to drain. When cool enough to handle, break the slices into 1-inch pieces.
- ☐ In a medium bowl, combine the olives, shallot, capers, vinegar, mustard, salt and pepper. Stir in the remaining 6 tablespoons olive oil; don't worry if the dressing separates.
- ☐ Heat a grill pan or cast-iron skillet over moderate heat. When the pan is hot, season the chicken with salt and pepper and grill or pan-fry until browned and crusty, about 4 minutes per side for the breasts and 3 minutes per side for the tenders.
- ☐ Let the chicken rest for 15 minutes, then slice crosswise 1/2 inch thick. Reserve any juices.
- ☐ Just before serving, stir the parsley and any accumulated chicken juices into the dressing. In a large bowl, combine the spinach, radishes, roasted peppers and salami chips and toss with half of the dressing. Mound the salad on 4 large plates or a large platter and arrange the chicken on top. Spoon the remaining dressing over the chicken.
- ☐ Make Ahead: All the elements can be refrigerated, covered, for up to 2 days.
- ☐ Wine Recommendation: The sharp, lively flavors in this salad call for a straightforward dry white to cleanse the palate between bites. Consider a Rioja, such as the 1994 Marquis de Caceres Blanco or the 1994 Bodegas Montecillo Cumbre Blanco.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:44.540434373462%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 427.54kcal (21.38%), Fat: 25.93g (39.89%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 8.4g (3.06%), Sugar: 5.35g (5.95%), Cholesterol: 96.89mg (32.3%), Sodium: 1839.96mg (80%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.2g (72.4%), Vitamin K: 606.03µg (577.17%), Vitamin A: 13908.04IU (278.16%), Vitamin C: 157.36mg (190.74%), Vitamin B6: 1.55mg (77.49%), Vitamin B3: 15.27mg (76.36%), Folate: 277.84µg (69.46%), Selenium: 46.61µg (66.59%), Manganese: 1.22mg (61%), Vitamin E: 6.4mg (42.68%), Potassium: 1438.04mg (41.09%), Phosphorus: 410.28mg (41.03%), Magnesium: 147.34mg (36.84%), Vitamin B1: 0.5mg (33.16%), Vitamin B2: 0.52mg (30.63%), Iron: 4.9mg (27.25%), Fiber: 6.3g (25.21%), Vitamin B5: 2.35mg (23.48%), Zinc: 2.9mg (19.35%), Calcium: 185.09mg (18.51%), Vitamin B12: 1.05µg (17.56%), Copper: 0.32mg (15.9%)