



Grilled Chicken Summer Salad



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil thinly sliced
- ☐ 0.3 cup basil pesto
- ☐ 1 teaspoon peppercorns black
- ☐ 15 ounces garbanzo beans rinsed drained canned
- ☐ 0.3 cup chives chopped
- ☐ 0.8 pound crimini mushrooms fresh halved
- ☐ 4 cucumber seedless
- ☐ 1 tablespoon dijon mustard

- ☐ 0.5 cup flat parsley packed
- ☐ 0.8 pound mushroom caps fresh halved for another use and caps
- ☐ 4 garlic clove smashed
- ☐ 1 pound green beans
- ☐ 0.3 cup kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon mint leaves chopped
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 1 bunch radishes
- ☐ 0.3 cup onion red finely chopped
- ☐ 5 tablespoons red-wine vinegar
- ☐ 4 cups boston lettuce thinly sliced
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 2 tablespoons sugar
- ☐ 2 medium tomatoes cut into 1/2-inch-thick wedges
- ☐ 4 cups water
- ☐ 0.5 cup almonds whole with skin, toasted and coarsely chopped

Equipment

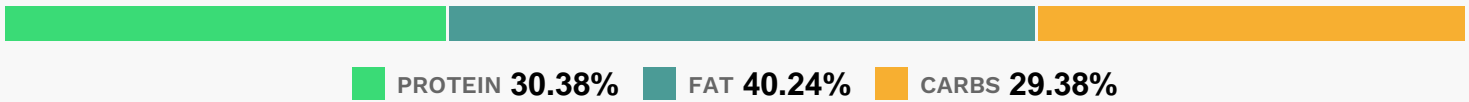
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ colander
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Whisk together all vinaigrette ingredients, except oil and chives, with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Whisk in chives.
- ☐ Boil water with salt, sugar, garlic, and peppercorns in a 4-quart pot, uncovered, 10 minutes.
- ☐ While brine boils, trim and halve radishes. Halve cucumbers lengthwise and cut crosswise into 1/2-inch-thick slices.
- ☐ Remove brine from heat.
- ☐ Add radishes and cucumbers and let stand, uncovered, 10 minutes.
- ☐ Drain in a colander, discarding garlic and peppercorns.
- ☐ Transfer radishes and cucumbers to an ice bath to stop cooking, then drain well in colander.
- ☐ Transfer to a large bowl and chill, uncovered, about 20 minutes.
- ☐ Stir together chickpeas, onion, 1/4 cup vinaigrette, and salt and pepper to taste.
- ☐ Cook green beans in a large pot of well-salted boiling water, uncovered, stirring occasionally, until just tender, 3 to 6 minutes.
- ☐ Drain.
- ☐ Transfer to a large ice bath to stop cooking.
- ☐ Drain again and pat dry.
- ☐ Prepare grill for direct-heat cooking over hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Toss mushrooms with 2 tablespoons vinaigrette and marinate 10 minutes.
- ☐ Grill mushrooms in 2 batches on oiled grill sheet, covered only if using a gas grill, stirring frequently, until golden-brown, about 5 minutes per batch. Toss hot mushrooms with 2 tablespoons vinaigrette.
- ☐ Season chicken with 1/2 teaspoon each of salt and pepper. Oil grill rack, then grill chicken over medium-hot charcoal (medium heat for gas), covered only if using a gas grill, turning chicken occasionally and moving it as necessary to avoid flare-ups, until just cooked through, 8 to 10 minutes total.
- ☐ Transfer to a cutting board and let rest 10 minutes.
- ☐ Cut into 1/2-inch-thick slices and toss with pesto in a large bowl.

- ☐ Toss brined cucumbers and radishes with parsley, 3 tablespoons vinaigrette, and salt and pepper to taste.
- ☐ Stir mint into chickpea salad.
- ☐ Toss beans with 2 tablespoons vinaigrette and salt and pepper to taste.
- ☐ Sprinkle with almonds.
- ☐ Toss tomatoes with 3 tablespoons vinaigrette, basil, and salt and pepper to taste.
- ☐ Toss lettuce with 1 tablespoon vinaigrette.
- ☐ Arrange chicken, mushrooms, and salads side by side on a large platter and serve remaining vinaigrette on the side.
- ☐ •Vinaigrette, without chives, can be made 1 day ahead and chilled.
- ☐ Add chives just before serving. •Radish–cucumber salad, without parsley, can be made 1 day ahead and chilled.
- ☐ Add parsley just before serving. •Chickpea salad, without mint, can be made 1 day ahead and chilled.
- ☐ Add mint just before serving. •Haricots verts can be cooked 1 day ahead and chilled in a sealable bag lined with paper towels. •Mushrooms and chicken can be cooked in batches in an oiled hot 2–burner grill pan over medium–high heat.

Nutrition Facts



Properties

Glycemic Index:89.4, Glycemic Load:8.72, Inflammation Score:-10, Nutrition Score:46.647826593855%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg

Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 541.03kcal (27.05%), Fat: 25.13g (38.67%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 29.93g (10.88%), Sugar: 15.11g (16.79%), Cholesterol: 144.74mg (48.25%), Sodium: 6812.41mg (296.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.7g (85.39%), Vitamin K: 201.39µg (191.8%), Manganese: 1.72mg (86.23%), Selenium: 56.62µg (80.89%), Vitamin B6: 1.55mg (77.64%), Vitamin B3: 14.6mg (73.01%), Phosphorus: 642.62mg (64.26%), Vitamin A: 3090.69IU (61.81%), Vitamin B2: 1.01mg (59.36%), Potassium: 1716.11mg (49.03%), Vitamin B5: 4.64mg (46.43%), Copper: 0.92mg (45.83%), Fiber: 11.36g (45.46%), Magnesium: 167.62mg (41.91%), Vitamin C: 33.2mg (40.24%), Zinc: 5.28mg (35.23%), Folate: 135.18µg (33.79%), Vitamin E: 4.83mg (32.2%), Iron: 5.67mg (31.49%), Vitamin B1: 0.42mg (27.77%), Calcium: 213.64mg (21.36%), Vitamin B12: 1.02µg (17.07%), Vitamin D: 0.28µg (1.89%)