



The Perfect Salad

READY IN



95 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 slices baking potatoes sliced
- ☐ 8 herb leaves mixed dried such as basil, parsley, mint, lemon thyme, or tarragon cleaned and , plus 1/2 cup chopped herb leaves
- ☐ 2 cups chicken broth
- ☐ 1 cup kirby cucumbers english unpeeled sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons optional: dill snipped
- ☐ 4 eggs
- ☐ 1 teaspoon garlic minced

- ☐ 6 cups torn greens such as romaine mixed red washed and dried loosely packed
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin to taste
- ☐ 4 servings olive oil for brushing
- ☐ 4 tablespoons pecorino cheese grated
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 cups rustic country bread
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 chicken breasts whole boneless skinless
- ☐ 4 medium tomatoes cored sliced into 1/ slices

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350 degrees F. Toss bread cubes with olive oil, place on baking sheet in single layer bake of 6 minutes, toss cubes and bake for another 6 minutes, or until golden and crisp.
- ☐ Remove from oven and sprinkle with salt.
- ☐ Heavily oil a pan with olive oil.

- ☐ Lay down 8 slices of potato.
- ☐ Place an herb leaf in the center of each potato.
- ☐ Lay another potato slice on top of the herb and brush liberally with oil.
- ☐ Bake for 7 minutes until golden brown.
- ☐ Remove from the oven and sprinkle with salt and pepper. Increase heat to 400 degrees F.
- ☐ On a silpat or parchment lined cookie sheet, place each of 4 tablespoons of cheese, spreading out each to 3-inch diameter across. Cook the cheese until melted and slightly browning, about 6 minutes.
- ☐ Remove the cheese from the pan and drape the cheese over a rolling pin, bottle, or the bottom of a cup to shape it.
- ☐ Place the frico on top of the salad.
- ☐ Place eggs in saucepan and cover with water. Bring to a boil.
- ☐ Remove from heat, cover, and let sit for 15 minutes.
- ☐ Transfer to ice bath. Peel and quarter eggs.
- ☐ In a medium pan place chicken in a single layer and add enough chicken broth to cover by 1/2-inch.
- ☐ Transfer the breasts to a plate, and bring liquid to a boil. Return breasts, bring to a boil, and simmer gently for 7 minutes. Turn off the heat, cover and let stand for 10 minutes.
- ☐ Remove from liquid and let cool. Slice on a diagonal before adding to salad.
- ☐ Serve warm or room temperature.
- ☐ Sprinkle sliced tomatoes with salt.
- ☐ Lay slices on paper towels to drain. Set aside.
- ☐ Place greens on a platter. Arrange egg quarters, sliced chicken breast, tomatoes, and cucumber in a decorative manner.
- ☐ Sprinkle mixed herbs and croutons on top.
- ☐ In a bowl, whisk together vinegar, mustard, salt, pepper.
- ☐ Add oil in a slow stream and whisk to emulsify.
- ☐ Add the shallots and garlic and adjust seasoning.
- ☐ Serve vinaigrette on the side.

Nutrition Facts

 **PROTEIN 15.57%**  **FAT 72.87%**  **CARBS 11.56%**

Properties

Glycemic Index:83.44, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:22.928695844567%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 598.07kcal (29.9%), Fat: 48.79g (75.06%), Saturated Fat: 10.3g (64.39%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 14.76g (5.37%), Sugar: 9.21g (10.23%), Cholesterol: 207.39mg (69.13%), Sodium: 936.11mg (40.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.92%), Selenium: 34.52µg (49.32%), Vitamin E: 6.52mg (43.47%), Vitamin A: 2088.92IU (41.78%), Vitamin C: 34.22mg (41.47%), Vitamin B3: 7.94mg (39.72%), Vitamin K: 37.67µg (35.88%), Vitamin B6: 0.7mg (35.07%), Phosphorus: 324.34mg (32.43%), Vitamin B2: 0.43mg (25.11%), Potassium: 804.96mg (23%), Manganese: 0.41mg (20.69%), Folate: 81.39µg (20.35%), Vitamin B5: 1.81mg (18.1%), Iron: 2.7mg (15.01%), Magnesium: 54.43mg (13.61%), Vitamin B1: 0.19mg (12.45%), Calcium: 120.59mg (12.06%), Zinc: 1.6mg (10.68%), Fiber: 2.65g (10.62%), Copper: 0.21mg (10.4%), Vitamin B12: 0.58µg (9.73%), Vitamin D: 0.96µg (6.41%)