

French Country Salad

Lemon, soy, herbs and chicken make this country salad especially delicious.

Ingredients

Chicken:
1/3 cup freshly squeezed lemon juice 2 T. olive oil 2 T. soy sauce 2 tsp. herbs de provence Freshly ground mixed peppercorns to taste 2 large chicken breasts, bones and excess fat removed

Vegetables: 1/2 lb. fresh asparagus, trimmed 3 to 4 medium beets, scrubbed and trimmed olive oil

Salad: 6 cups mixed salad greens, such as mesclun and spinach 1/4 cup whole fresh basil leaves 1/3 cup crumbled gorgonzola cheese 1/3 cup walnut pieces 1/4 cup balsamic vinegar 2 T. olive oil

Preparation

To prepare the chicken, whisk together first five ingredients and pour over chicken breasts in a shallow glass pan.

Cover tightly and marinate for a minimum of two hours or up to 24 hours. Cook over a medium-high grill until juices run clear. Let cool for 15 minutes, then slice into 1/4-inch thick slices.

To prepare the vegetables, slice beets crosswise in 1-inch thick slices. Brush beet slices and asparagus with olive oil and grill over medium heat until tender. When beets are cool, chop into 1-inch pieces. Keep at room temperature until assembling salad.

To assemble the salad, place greens, basil, gorgonzola and walnuts in a large bowl. Whisk together balsamic vinegar and olive oil; drizzle over greens mixture and toss to coat. Place desired serving sizes of greens mixture onto individual serving plates. Top with asparagus spears and chopped beets; arrange chicken slices on top.