

Good Eats Recipes

Ginger Marmalede Chicken Salad

What You Need:

4 skinless boneless chicken breast halves
1/3 cup GOOD EATS orange marmalade
2 tablespoons minced peeled fresh ginger
2 garlic clove, minced
1 teaspoon Dijon mustard

1 tablespoon olive oil
1/2 cup GOOD EATS roasted red peppers, 1 tablespoon liquid reserved
5 teaspoons red wine vinegar
8 cups mixed salad greens
4 thin red onion slices, separated into rings

Directions:

Place chicken on plate. Season with salt and pepper. Mix marmalade, ginger, garlic and mustard in bowl. Spoon 1/4 cup marmalade mixture over chicken and turn to coat. Chill chicken and remaining marmalade mixture separately overnight. Preheat broiler. Arrange chicken on broiler pan. Broil until chicken is cooked through, about 5 minutes per side. Cool slightly. Spread remaining marmalade mixture over chicken. Cut chicken crosswise into thin strips. Whisk oil, reserved liquid from peppers and vinegar in large bowl. Season with salt and pepper. Add salad greens, pepper strips and chicken; toss to coat. Top salad with onions.