

# Winter Salad with Chicken and Orange Vinaigrette

Recipe By *Estee Kafra*



Cooking and Prep:  1 h

Serves:  4

Contains:  

**Preference:** Meat

**Difficulty:** Easy

**Source:** Family Table by  
Mishpacha Magazine

When the summer fruits and vegetables start phasing out, I try hard to keep the color and brightness in our food. Zest from citrus fruits is my favorite way to keep the sun shining in November. Orange adds flavor to my all-time favorite root vegetable...the humble yet stunning beet.

## Ingredients (18)

### Chicken

- 4 chicken breasts
- 1 tablespoon oil
- 2 yellow beets
- 2 purple beets
- 2 medium zucchini, sliced
- 2 oranges
- fresh parsley, for garnish

pomegranate arils, for garnish

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### Marinade

4 tablespoons orange juice

4 tablespoons **Bartenura Olive Oil**

2 teaspoons **Gefen Soy Sauce**

1 clove garlic, minced or 1 cube **Gefen Frozen Garlic**

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### Vinaigrette

1/2 cup orange juice

1/4 cup **Bartenura Extra-Virgin Olive Oil**

1 clove garlic, minced or 1 cube **Gefen Frozen Garlic**

zest of 1 orange

1/4 teaspoon salt

black pepper, to taste

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## Start Cooking

### Prepare the Chicken

1. Combine marinade ingredients and set aside half. Marinate the chicken breasts in the remaining half for half an hour.
2. In a large pan, heat one tablespoon of oil. Add the chicken cutlets and cook until the centers are no longer pink, about seven minutes on each side. Remove from pan and set aside to cool.

### Prepare the Vegetables

1. Meanwhile, wrap the beets well with foil or put into a pan and cover well. Bake at 400 degrees Fahrenheit (200 degrees Celsius) for one hour.
- 2.

Toss the sliced zucchini in the other half of the marinade and lay out on a baking sheet. Let roast for about 20 minutes or until edges start turning brown.

3. Zest one orange and set aside for later. Peel away two oranges and slice the fruit.

### Serve

1. Slice the chicken breasts and beets and plate along with oranges and roasted zucchini.
2. Mix all the ingredients for the vinaigrette vigorously. Pour over salad.
3. Top with parsley and pomegranate seeds. Serve with whole wheat couscous.