

# Mustard Vinaigrette Chicken Salad

Recipe By *Elky Friedman*



Cooking and Prep:  45  
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Serves:  4

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Shabbat, Sukkot

Diet: Gluten Free

Source: Whisk by Ami

Magazine

## Ingredients (23)

### Salad

- 1 red pepper, thinly sliced
- 3 scallions, chopped
- 1 cup honey-roasted slivered almonds
- 2 heads romaine lettuce (or 1 8-ounce bag)
- 2 cups grape tomatoes, halved

## Dressing

- 1/3 cup oil
  - 1/4 cup water
  - 1/4 cup vinegar
  - 1/4 cup Gefen Honey
  - 3 tablespoons sugar
  - 3 tablespoons Gefen Mayonnaise
  - 1 tablespoon mustard
  - 1 teaspoon salt
  - 3 cloves garlic
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## Chicken

- 1 and 1/2 pounds chicken cutlets
  - 3 tablespoons Bartenura Olive Oil
  - 2 tablespoons vinegar
  - 1/4 cup brown sugar
  - 1/4 cup Alfasi Cabernet Sauvignon or other red wine
  - 2 teaspoons cornstarch dissolved in 2 tablespoons water
  - 3 teaspoons mustard
  - 4 cloves garlic, minced or 4 cubes Gefen Frozen Garlic
  - 1/2 teaspoon salt
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## Start Cooking

For the Chicken

1.

In a medium bowl, whisk together olive oil, vinegar, brown sugar, wine, dissolved cornstarch, mustard, garlic, and salt. Add cutlets and marinate for at least 30 minutes or as long as overnight.

2. Preheat oven to broil. Remove chicken cutlets from marinade and place on a broiler pan or foil-lined baking sheet. Broil for six minutes on each side. You can also grill the cutlets if you prefer. Let cool and cut into strips.

### **For the Salad**

1. In a large bowl, combine lettuce, tomato, pepper, and scallions. Top with chicken strips.
2. In a small bowl using an immersion blender, or in a mini-food processor, blend together dressing ingredients (this will give the dressing a creamy consistency).
3. Toss salad with dressing. Garnish with almonds and serve.