



# GRILLED CHICKEN AND RASPBERRY SALAD

*From Foodland Ontario*

## *Ingredients*

- 2 cups (500 mL) fresh Ontario Raspberries
- 2 tbsp (25 mL) red wine vinegar
- 2 tbsp (25 mL) granulated sugar
- 1/2 cup (125 mL) olive oil
- 1/2 tsp (2 mL) *each* of salt and pepper
- 4 boneless skinless Ontario Chicken Breasts
- 8 cups (2 L) torn mixed Ontario Salad Greens
- 1/4 cup (50 mL) fresh Ontario Coriander, chopped

## *Instructions*

*In a blender, purée together 1 cup (250 mL) of the raspberries, vinegar and sugar until smooth. Strain through sieve into bowl. Whisk in oil, salt and pepper. Remove 3 tbsp (45 mL) and toss with chicken; cover and marinate in refrigerator for 30 minutes. Chill remaining dressing.*

*Place chicken on greased grill over medium-high; close lid and grill for 10 to 12 minutes or until no longer pink inside, turning once. Slice chicken.*

*Arrange greens on 4 plates; top evenly with sliced chicken and remaining raspberries. Drizzle with dressing; sprinkle with coriander. Serve immediately.*

## *Nutritional information*

- Protein: 28.0 grams
- Fat: 25.0 grams
- Carbohydrates: 15.0 grams
- Calories: 393
- High Source of Fibre