

TUESDAY:

Pan Roasted Chicken & Dealmaker Salad

OK, pour, dip, toss anything in this dressing and your kids will gobble it up – it’s “The Dealmaker”. I came to me by way of “the Nana” - and one of her pals. This recipe makes a bit extra.

Serves: 4 Prep: 15 Cooking: 25

Ingredients

For the Chicken

- 2 lbs chicken thighs, bone in, skin-on
- 1-2 tablespoons olive oil
- 1 teaspoon Kosher salt
- ¼ teaspoon pepper

- 2 tablespoons Dijon mustard
- 5 tablespoons balsamic vinegar
- 6 tablespoons olive oil

For the Dealmaker Dressing

- 4 packed cups basil
- 3-4 cloves of garlic, sliced
- 4 tablespoons honey
- 2 tablespoons lemon juice

For the Salad

- 8-10 ozs mixed baby greens
- ½ cup pine nuts
- ½ cup Feta cheese
- ½ cup dried cranberries

Cooking Instructions

Prep Opportunity

Make the dressing. Pack leaves in the bowl of your food processor. Add garlic, honey, lemon juice, Dijon, balsamic vinegar and olive oil. Puree for 1 minute. Refrigerate.

- 1 Preheat oven to 400°.
- 2 Heat a large ovenproof skillet over medium high heat.
- 3 Coat chicken with olive oil, salt and pepper.
- 4 Place chicken skin side down in the pan and cook 5 minutes.
- 5 Flip pieces over and transfer the skillet to the oven. Roast for 12-15 minutes.
- 6 Make the dressing if you didn’t do it earlier.
- 7 Toss greens with 3 tablespoons of dressing.
- 8 Divide dressed greens among 4 plates.
- 9 Top greens with feta, cranberries, and pine nuts. Drizzle extra dressing if desired.
- 10 Once chicken is removed from the oven, let it sit for 5 minutes and serve with salad.