

**Stella Cadente**

## **Tuscan Chicken Salad with Arugula and Artichokes**

Posted by Administrator on March 19, 2012 in [Salads](#)

(using L'Autunno Extra Virgin Olive Oil)

Makes 2-4 servings

**\* Ingredients:**

- \* 1/2 lb. boneless, skinless chicken breasts
- \* 2 cups each: torn arugula and romaine lettuce
- \* 1 14oz. can quartered artichoke hearts, drained
- \* 2 medium plum tomatoes, cut into wedges (about 1 cup)
- \* 1/2 cup crumbled mozzarella cheese
- \* 4 fresh basil leaves, cut into thin strips

**\* Vinaigrette:**

- \* 1/4 cup red wine vinegar
  - \* 1/2 cup Stella Cadente L'Autunno Extra Virgin Olive Oil
  - \* 2 teaspoons chopped fresh parsley or chives
  - \* 1 tsp stone ground mustard
- In a large bowl, whisk vinaigrette ingredients together and add salt and pepper to taste; set aside.

**1. Directions:**

2. Place chicken and 1/4 cup of the vinaigrette in a resealable plastic bag, seal bag.
3. Turn bag over several times to evenly coat chicken with the vinaigrette
4. Refrigerate 30 min. to marinate
5. Preheat grill to medium heat
6. Remove chicken from marinade, save marinade for later use.
7. Grill chicken 6 to 8 minutes on each side or until cooked through (170 degrees)
8. Remove chicken from grill and cut into strips
9. Combine arugula and romaine, place on serving platter
10. Top with artichokes, tomatoes, and chicken
11. Drizzle with the remaining vinaigrette, sprinkle crumbled mozzarella cheese & basil

Modified from recipes taken from the TODAY SHOW website

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