



Orange Blossom Honey Pecan Chicken Salad
With Burnt Honey Vinaigrette

Burnt Orange Blossom Honey Vinaigrette

- 2 Tablespoons orange blossom honey
- 1/8 teaspoon lemon juice
- 3 Tablespoons fresh orange juice
- 1 teaspoon finely grated orange peel
- 2 Tablespoons white wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2-1/2 Tablespoons olive oil

Prepare Vinaigrette: Place honey and lemon juice into small saucepan. Cook on medium heat until it begins to form bubbles; then reduce heat to low; cook for 4 to 5 minutes, swirling pan occasionally until honey begins to caramelize and turns a copper brown color.

Remove the pan from heat; slowly add orange juice and orange zest. Stir to combine. Add vinegar, salt, pepper and oil until well blended. Chill in refrigerator.

Orange Blossom Honey Pecan Chicken:

2 boneless, skinless chicken breasts or thighs
1 Tablespoon Dijon mustard
2 Tablespoons prepared honey vinaigrette
1/8 teaspoon ground red pepper
1/2 Tablespoon Panko bread crumbs
1/4 cup chopped pecans
Olive oil spray as needed

Prepare Chicken:

Trim excess fat from chicken. Preheat oven to 375 degrees F. Line baking pan with parchment paper. Set aside.

In small bowl, combine mustard and 2 Tablespoons prepared vinaigrette. Spread over chicken to coat completely. Lightly spray chicken with olive oil; place on prepared baking pan. Sprinkle chicken lightly with ground red pepper.

Combine bread crumbs and chopped pecans; Sprinkle over chicken; press lightly to secure topping. Bake in preheated oven about 20 minutes or until chicken tests 165 degrees. Let cool about 10 minutes before slicing into serving pieces

Chicken Salad:

4 cups fresh baby spring greens
1/4 cup chopped red onions
1 orange segments removed
2 Tablespoons prepared honey vinaigrette
1 cup fresh beet microgreens
3 Tablespoons goat cheese crumbles
Serving: Slices of Honey Pecan Chicken

Remainder of prepared honey vinaigrette

In a large bowl, combine baby spring greens, red onions, and orange segments with 2 Tablespoons prepared vinaigrette. Lightly toss in microgreens and cheese crumbles as desired. Place on serving platter; arrange slices of chicken over the salad. Drizzle additional vinaigrette over the salad and chicken.
Serves: 4

Inspired by: <http://www.geniuskitchen.com/recipe/burnt-honey-and-orange-vinaigrette-94244#activity-feed> and Cuisine at Home magazine

About the Recipe: Baby spring greens are tossed with garden fresh beet microgreens and enhanced with chopped red onion and juicy orange segments. A caramelized orange honey vinaigrette, covering the salad greens and drizzled over the honey pecan chicken slices, adds a new sweet-tart flavor to this summer salad.