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Café 1505 Balsamic Chicken Salad



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Description: Jane Zimmerman, Milwaukee, requested the recipe for a chicken salad served at Café 1505, at 1505 W. Mequon Road in Mequon.

She wrote: "This restaurant makes the most delicious chicken salad with pecans. I would love to have the recipe."

Chef **Ken Kohls** sent the recipe, calling it "one of our most popular, healthy, gluten-free salads."

Recipe tested by Joanne Kempinger Demski

Makes: about 6 servings

Ingredients:

Preparation:

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2 cups balsamic dressing (see recipe)
6 boneless skinless chicken breast halves (4 to 6 ounces each)
Salt and pepper to taste
2 cups pecan halves
2 cups halved red grapes
2 cups celery, cut on a thin bias
¼ cup chopped green onions
1/3 cup chopped parsley

Balsamic dressing:

¾ teaspoon salt
1 tablespoon sugar
¾ teaspoon dry mustard
1 tablespoon minced shallots
1 cup balsamic vinegar
1 ½ cups extra-virgin olive oil

Prepare dressing. Set aside.
Preheat oven to 350 degrees.
Line a jellyroll pan with parchment paper. Place the chicken breasts on the paper and add ¼ cup water to pan. Cover chicken with another layer of parchment paper.
Bake in preheated oven 35 to 45 minutes or until chicken reaches 165 degrees at the thickest part of the breast. When done, remove from oven and cool. Cut into ½-inch julienne strips. Refrigerate until ready to use.
To finish: Place chicken in a large bowl and season with salt and pepper to taste. Add 2 cups of the dressing and gently mix to coat chicken thoroughly. Let marinate 15 to 30 minutes. Add pecans, grapes, celery, green onions and parsley and toss. Add more dressing, salt and pepper until desired flavor is achieved.

Balsamic dressing: In a medium bowl, place salt, sugar, mustard, shallots and balsamic vinegar. Using an immersion blender, very slowly add olive oil in a thin stream to emulsify. Do not overmix, or dressing will thicken. You will need 2 cups dressing for this recipe. Additional dressing can be refrigerated for up to two weeks.

Note: Salad will keep 2 days in the fridge.

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