

Published July 8th, 2009

Shelby's Grilled Chicken and Mango Salad

By Susie Iventosch



Photo Susie Iventosch

1/2 teaspoon sugar

freshly ground black pepper

(Serves about 4)

Ingredients

Salad Fixings

Mesclun Mix enough for 4

2 mango's, ripe, but still firm enough to slice

1 avocado

2 large skinless chicken breasts

red onions rings (I grilled these in olive oil until crunchy)

2 ripe tomatoes (heirlooms are best for this dish)

1/4 bunch parsley, chopped

Dijon Vinaigrette

1/2 cup finely minced red onion

3 tablespoons Dijon mustard

6 tablespoons red wine vinegar

3 tablespoons water

1/2 cup extra-virgin olive oil

1/2 teaspoon sea salt

Directions

In a bowl, whisk together the onion, mustard, 2 tablespoons of the red wine vinegar, water, salt, sugar and pepper. Gradually whisk in the olive oil. Set aside.

Season chicken breasts with salt and pepper and grill on a hot grill about 3-4 minutes per side. Set aside.

Put the mesclun mix in a large salad bowl. Cut the tomatoes in half, remove the stem and slice in half moons. Mix with the greens and sprinkle the salad with red onion rings.

Peel the mango with a sharp potato peeler and cut lengthwise (the thinner side facing you) right along the pit. Then cut the remaining flesh from the fruit and dice in generous sized cubes.

Cut the avocado in half, remove the pit and, with a large spoon, scoop out the meat right along the skin and cut in slices.

Serve all ingredients atop the mixed greens and sprinkle generously with parsley.

Slice the chicken breast in strips and decorate the salad with it.

For a "Living Lean" evening with your friends, serve without the avocado and serve vinaigrette on the side.

For all other occasion dress your salad with the delicious Dijon Vinaigrette and avocado the way we serve it at Shelby's.

Reach the reporter at: suziven@gmail.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA