



# in my Kitchen

with Celebrity Chef  
Reginald Pearce

“I get a lot of inspiration from large produce gardens. I realized that kale has great health benefits and can be very versatile when creating healthy recipes. It grows well into the fall and requires a frost to acquire sweetness in the leaves.”

## Kale, Grilled Chicken & Quinoa Salad

Makes 4 portions

- 1 cup roasted corn, cold (recipe below)
- 1 cup quinoa, cold (recipe below)
- 8 oz. balsamic garlic chicken breasts, 1/2" julienne strips (recipe below)
- 1/2 cup Dijon vinaigrette dressing (recipe below)
- 1 cup shredded kale
- 1/2 cup chopped pecan pieces
- 1/2 cup dried cranberries
- 1/2 cup crumbled feta cheese

1. For each portion, place 1/4 cup shredded kale in a medium sized bowl. Add 1/4 cup roasted corn, 1/4 cup cooked quinoa, 2 tablespoons chopped pecans and 2 tablespoons dried cranberries. Toss to evenly distribute.
2. Place mixture on a plate. Shingle with 2 ounces thinly sliced chicken strips and 2 tablespoons crumbled feta cheese. Drizzle with 2 tablespoons dressing over entire salad.

**Roasted Corn:** Preheat oven to 425°F. Toss 1 1/4 cups of frozen corn with 1 teaspoon of canola oil in a shallow layer on a sheet tray. Roast until kernels have browned stirring occasionally for about 10 minutes. Cool quickly under refrigeration.

**Quinoa:** In a medium pot, bring 3/4 cup water to a boil. Add 1/3 cup quinoa and stir. Return to a boil. Reduce heat, cover and simmer for 10 minutes or until tender and the liquid is absorbed. Let sit for 5 minutes and fluff with a fork. Cool quickly under refrigeration. Keep refrigerated until ready to use.

**Dijon Vinaigrette:** In a mixing bowl, add 1 1/2 cups olive oil. Whisk in 2 1/2 tablespoons lemon juice, 1 1/4 teaspoon Dijon mustard, 1 teaspoon minced garlic, 1/2 teaspoon salt and 1 teaspoon black pepper. Keep refrigerated until ready to use. Stir well before use.

**Marinade for Balsamic Garlic Chicken Breast:** In a large bowl, combine 1 teaspoon balsamic vinegar, 1/2 teaspoon chopped garlic, dash of salt, 1/8 teaspoon black pepper and 2 1/4 teaspoons canola oil. Whisk until well blended. Add chicken. Toss to evenly coat. Keep refrigerated for 1 to 2 hours to marinate. Drain and discard excess sauce before cooking.

Sprinkle 1/8 teaspoon chopped oregano leaves and 1/8 teaspoon chopped thyme leaves over each chicken breast. Preheat broiler or grill. Place chicken on grill and cook for 1 to 2 minutes on each side or until well-marked. Transfer chicken to a sheet tray. Bake in a 325°F oven for 5 minutes and temperature reaches 165°F. Cool quickly under refrigeration. Keep refrigerated until ready to use.

### NUTRITION FACTS: 1 Salad

CALORIES	CARBS	PROTEIN	FAT	SAT. FAT	SODIUM	FIBER
760	61g	26g	49g	9g	580mg	9g